

Rustbuster 2023 Team Help Requests Updated February 12

Please contact us right away if you would like to request a change and we will try to accommodate you!

Times are scheduled times. Please have an adult arrive early to supervise warm ups and sign in. Schedules may of course run a little fast or slow.

We have requested USATF support for all events but have no confirmations at this time. If USATF covers your event, they will send a judge, you will only need to provide support for the event (rakers, retrievers, holding tapes, etc). If USATF does not supply a judge, then we need you to also supply a judge for the event—a coach or an experienced adult who can run the event efficiently per NFHS rules.

1. Mt. View: FS Boys and V Girls High Jump. (8:30am and 10:00am)
2. Fremont: Varsity Boys and FS Girls High Jump. (11:30am and 1pm)
3. Los Altos: Varsity Girls and FS Girls Shot. (11:30am and 1pm)
4. Los Gatos: Varsity and FS Boys Discus. (11:30am and 1pm)
5. Lynbrook: Varsity Boys and FS Boys Triple Jump. (8:30am and 10:00am)
6. Menlo Atherton: Varsity Girls and FS Girls Discus. (8:30am and 10:00am)
7. Milpitas: Varsity Boys and FS Boys Long Jump. (11:30am and 1pm)
8. St. Ignatius: Varsity Boys and FS Boys Shot. (8:30am and 10:00am)
9. San Lorenzo Valley: Varsity and FS Girls Triple Jump. (11:30am and 1pm)
10. Santa Clara: Throwing Implement Certification, and Julie it really helps having you around the finish line if you could! You always make the meet run better when you are there.
11. Palo Alto: Varsity and FS Girls Long Jump. (8:30am and 10:00am)
12. Monta Vista: Start line, finish line, hurdles, blocks, field event results checking, awards...ALL DAY.

4x800 exchange zone judges: Monta Vista and Santa Clara.

4x100 exchange zone judges:

Zone 1: Mt. View and St. Ignatius.

Zone 2: Fremont and Santa Clara.

Zone 3: Palo Alto and Menlo-Atherton.

Finish: Monta Vista.

4x200 exchange zone judges:

Exchange 1 and 3: Fremont and Palo Alto

Exchange 2 and finish: Monta Vista and Santa Clara

The Seventh RustBuster Invitational

Saturday, March 4, 2023

REGISTRATION AND MEET INFORMATION (PRELIMINARY as of 9-7-22)

COACHES PLEASE NOTE

RustBuster was founded in 2017 to be a small, high quality early season meet. This is not intended to be a fundraiser for the Monta Vista track and field program; RustBuster was and is intended to be a small, fun meet for coaches and kids and families that love track and want to have a great early season experience.

In 2022 I feel like I let the meet get a bit larger than I am originally intended. We did not complete the meet until around 4pm. While 4pm is not 'late' compared to most large track and field invitationals, I was dissatisfied with the direction we were going. I don't want RustBuster to get so big it stopped being distinctive.

Therefore, we are going back in time to 2020 levels. We are going to limit RustBuster to 12 schools (11 plus Monta Vista). Since I don't want to pick which schools to accept, we will accept the first 11 schools that send in payment. We will begin accepting checks immediately. Once we have received 11 checks, we will close entries and return any more checks that are received. In 2024, these 11 schools will get first right of registration and if any school decides to drop, we will open up that spot for replacements.

The cost per school will be \$275, plus some volunteer/coach support in the meet-day administration of RustBuster. Preliminary meet information follows.

We hope that you like what we are doing and decide to be one of the 11 schools at the 2023 RustBuster!

RustBuster Track and Field Invitational 2023 Invoice

Meet Fee: \$275

Includes all team entries and admission for all spectators.

**Please make checks payable to:
MONTA VISTA ASB**

Note your school name on personal checks, please.

And mail to

MONTA VISTA HIGH SCHOOL ASB

Attention: Track and Field/RustBuster

**21840 McClellan Road
Cupertino, CA 95014**

If you need a payment receipt or other documentation for reimbursement, please email Kirk Flatow at coachflatow@gmail.com

The Seventh RustBuster Invitational

Saturday, March 4, 2023

REGISTRATION AND MEET INFORMATION (PRELIMINARY as of 9-7-22)

The Monta Vista High School track & field team looks forward to having your team join us for the Seventh Annual RustBuster Invitational Track and Field Meet. In 2017, eight schools shared a vision for a different kind of season opening meet, and the RustBuster was created. We have continued that tradition, with a 2020 meet just before the pandemic shut down high school sports for the year, and having a drastically scaled down RustBuster during the abbreviated 2021 season. We hope you, your team and parents look forward and enjoyable and successful start to the 2023 track and field season at the **RustBuster!**

The RustBuster is intended to be a competitive early-season invitational track meet; big enough to have sufficient competition to generate solid early season times, but not so big that the meet is large and difficult to manage. We will limit the number of schools attending to 12 (including Monta Vista) in 2023. Our goal is to have the RustBuster track events start at 9am and finish by 3pm. All of the California State meet track and field events will be contested, with the exception of pole vault (Monta Vista does not have pole vault faculties) and the 200m (which will be replaced by a relay). Four divisions compete—boys' and girls' varsity, and boys' and girls' frosh-soph. The RustBuster will be a track-community event, with every team helping to manage and run the meet.

The RustBuster is a true invitational. Unlike most invitationals, we limit the number of teams that will participate in the RustBuster. Only teams that are invited or ask to be included and are accepted will join the RustBuster. By limiting the number of participants, we can predict the number of athletes and can manage the time schedule for the meet. The RustBuster does not have a large, unexpected number of late entries that can cause

scheduling problems, and we don't have to trim athletes because of excess entries. This allows meet management to work towards a competitive, six hour long meet.

If any high school would like to be considered for the 2024 RustBuster, please contact meet director Kirk Flatow coachflatow@gmail.com.

This Year's Featured Sprint Relay: It is a tradition of the RustBuster that the individual 200m is replaced by a less-often run sprint relay event. In 2017 we ran the 800m sprint medley relay; in 2018 we contested the Swedish 1000m relay, in 2019 we ran a 4x200m relay. In 2020, we returned to the 800 SMR. In 2022, we ran a Co-Ed 4x200m relay. **This year we are going back to 2020 with an 800 SMR.**

Coach's Meeting: There will be a coach's meeting at 8:15am near the timing area. If you have scratches for the sprints and hurdles—all laned events—and you can let us know that is useful but not required. We do not need scratches for field or distance events.

Meet Administration: Each team will be helping run the RustBuster, including field events and exchange judging. There will be a separate email to the coaches regarding assignments. For 2023, as in 2022, we are working with the Pacific Association of USA Track and Field to provide officials for the RustBuster. Each of the teams will be asked to provide support volunteers or coaches to the various field events for part of the day. If you have preferences for assignments, please let me know your first few choices. Every team is expected to help administer some portion of the RustBuster.

Entries: You may enter up to **five** athletes in the 1600 and 3200 per division, **three** athletes in the 800 per division (if you have more 800 runners than this, we offer the 4x800m relay as an alternative), **four** athletes in all other running events per division, **three** entries per field event per division, **two** relay teams in each division of the 4x800 and **one** relay team for all other relays per

event per division. Each athlete may compete in a maximum of four events including relays. All entries must be made online at athletic.net. The **close of entries will be Wednesday, March 1 at noon.**

There is an opportunity for **additional entries**, space permitting on the day of the RustBuster, in addition to each school's allocated entries above. The procedure for additional athletes to be entered on the day of the meet is described below in the sections on **Reporting to Events**. There is no additional cost to the schools for these additional entries. In the past, we have been able to accommodate most additional entries on the day of the meet. We will add as many athletes as we can without increasing the number of heats.

Bibs and Bib Numbers: All athletes will be issued a RustBuster bib. The bib number is how we track times/marks and score athletes; please make sure that all athletes have and wear their bibs! (Also they will be nice souvenirs; how many high school track meets have bibs?)

Tents: Please set up your canopies/tents in the big stands on the back stretch, or around the perimeter on the first turn, or in the lower (baseball) fields. Seating space on the home stretch is limited—these are the smaller, visitor stands for football—so we reserve that area for fans, or teams that did not bring tents.

Warm Up: Please ask your athletes to warm up in the lower (baseball and soccer) fields. We will have practice hurdles available there. The discus is thrown in the center of our track oval, so space within the oval is limited and should be limited to final strides and warm up. We are not going to be strict about keeping the field inside the track clear as long as the kids are behaving and cheering and enjoying themselves, we want this to be a fun event, but we may will ask kids that are just hanging out to cheer to leave for the stands, or get to work moving hurdles!

And speaking of hurdles...please remind your athletes that if they do move a hurdle that has been staged for a race, to please return

that hurdle when they are done!

Timer: *Please*, all coaches and athletes, stay away from the timing area! We will post your results shortly after your event is completed. Athlete's marks will not change during those few minutes—please trust us, we will get the results to you faster if you leave us in peace!

Reporting to Events/Field Athletes: Field event athletes will report and check in at their pit or ring.

Reporting to Events/Distance Athletes: For the 800m and longer events, all athletes will report when their event is called. We will quickly divide the athletes into heats on the fly. Marks are recorded cross-country style; as they finish we will record their bib numbers and match the bibs to finish times. If any school would like to add an athlete in addition to the four entries, have the extra athlete report to the start area and if we can add the athlete without increasing the number of heats, we will do so.

Reporting to Events/Sprints and Hurdles: After all entries are submitted, we will calculate the number of heats needed for each event-division. **We will try to enter athletes from eight different schools in the first heat.** After the first heat is seeded, all remaining entries will be assigned to heats from fastest to slowest.

Please have all sprinters and hurdlers report to the starting area when their event is called. All athletes will be asked to report to the starting area at first call before every event. The starting clerk will start from the fastest athlete entered and call names to identify any athletes who are not present or who have scratched out. The clerk will then reassign athletes on the fly to try to fill all lanes in every heat and if possible, reduce the number of heats. If the athlete is competing in a field event during the heat assignments, they may have a coach or teammate represent them; they should know his bib number (Teammate: 'Quenton Cassidy bib 101 is not present but he will be racing.') Also, if a school is substituting one athlete for a previously entered athlete

they can make the substitution at this time ('Tori Bowie, bib 201 from Milpitas will not be running in heat 2, lane 4. Allyson Felix, bib 202, will be replacing her.')

If any school would like to add an athlete in addition to the four entries, have the extra athlete report to the start area. If we can add the athlete without increasing the number of heats, we will do so. **In the first years of the RustBuster, we have been able to accommodate almost every athlete that has been at the start area looking for a last second entry.**

Scratches/Substitutions/Additions: We only need scratches for the sprints and hurdles (laned events). Substitutions are allowed, have the replacement come to the start when the event is called (see above). Field events will be substituted at each field event.

There will be a limited number of meet day additions, beyond the number of athletes allowed for each team or entries. We will attempt to fill up the last heat of every running event; for example, if the FSG is allocated 7 heats, the first six heats are filled, and there are four athletes in heat 7, the starting clerk will announce, 'we have four positions remaining in heat 7, is there anyone here interested in running in this heat?' and attempt to fill in this heat. So if any team has athletes interested in running an event beyond the four positions allocated to each team, have the additional athletes come to the start area before each event, and they may get a spot in the final heat. First come, first served!

Running Events: All running events will be **timed finals**. The first heat will include one athlete from each school, the athlete with the fastest mark from that school. Heats will be fast to slow.

Field Events: Long Jump, Triple Jump, Shot Put and Discus will get four attempts. The judges can run check in/check out procedures as they wish—since this is a community event, meet management will trust the judgment of the judges that our schools put in charge. There will be no formal check out procedures for any of these events, it will be the athlete's responsibility to decide

when to leave for any other event, and to return and get back in line and get all attempts in during the time allotted for their flight by the judge. We are trying to move quickly, the athlete will have to be responsible and return as soon as possible. Details will be determined by the judge assigned and explained to the athletes at the pre-event check in.

Throwing implements will be certified prior to competition; the RustBuster will be compliant with NFHS rules. There will be a table that will be set up between the Shot and Discus rings for certification. Please go get your implement certified as soon as you arrive at the track.

Wind readings will be recorded for horizontal jumps, making the RustBuster NFHS compliant. Please say thank you to the volunteers calling out the wind readings, and please don't give them a hard time if your reading is over the limit; sitting all day taking wind measurements is a tedious job. Let's appreciate their efforts, please. There have been instances in the past where coaches and athletes have complained about the exact moment that the volunteer pushed the button to take a reading. These complaints are not appreciated. Coaches, you are free to volunteer to take readings for a jumping event if you do not think the volunteers are doing taking the readings the way you would.

High jump starting heights will be as follows: Varsity boys, 5'2"; frosh-soph boys, 4'6"; varsity girls, 4'2"; frosh-soph girls, 3'6". Check in/out procedures will be set by the judge.

Results: Check the Lynbrook site for a link to on-line result posting
<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2022/2022.htm>

Team Scoring: Scoring will be NFHS rules for 8 athletes scoring; 10-8-6-5-4-3-2-1. In the event of a tie for team champion, the tie will be broken by the 4x400m results.

Awards: Medals will be awarded for the top **six** places for

individual events and top **three** places for relays (four medals per team). After results have been posted on the A-frames, athletes can come pick up medals from the medals table. **Team trophies** will be awarded to the top team in each of the four divisions.

Admission: This year, we are not going to charge admission. If we break even financially, we will continue this practice in the future.

Meet T-Shirts: There will be RustBuster t-shirts for sale. There will be a limited number as we never have a good idea of what the demand will be, so please let your athletes know that if they are interested in a meet t-shirt—please purchase their shirts early in the day, **before we run out!**

Trainer: We will have our trainer available at the meet to help treat your athletes (but not for things like pre-event taping; please be prepared to support your athletes on-going issues, blisters, etc).

Concessions: Unfortunately, it is unlikely that we will be able to have a snack bar at this event. We are still trying to get this staffed.

Contact: Kirk Flatow, Meet Director, Monta Vista High School.
coachflatow@gmail.com

The RustBuster 2023

Rolling Schedule/Listen for Announcements/Check in at your event/Report Early!

8:40am: 3200m FSB

High Hurdles (VG-FSG-VB-FSB)

4x800 Relay (VG and FSG then VB and FSB)

4x100m Relay (VG-VB-FSG-FSB)

800m (VG-VB-FSG-FSB)

100m (VG-VB-FSG-FSB)

400m (VG-VB-FSG-FSB)

1600m (VG-VB-FSG-FSB)

3200m VG and FSG together

300m Hurdles (VB-FSB-VG-FSG)

3200m VB

Sprint Medley (100-100-200-400) (VG-VB-FSG-FSB)

4x400m Relay (FSG-FSB-VG-VB)

Welcome to the Monta Vista High School Track:

Where it is always a great day to race!

The RustBuster

Rolling Schedule/Listen for Announcements/Check in at your event/Report Early!

	8:30a	10:00a	11:30a	1:00p
Shot	VB	FSB	VG	FSG
Disc	VG	FSG	VB	FSB
LJ	FSG	VG	VB	FSB
TJ	VB	FSB	FSG	VG
HJ	FSB	VG	FSG	VB

All throwing implements must be inspected prior to competition. RustBuster is a certified meet. Please bring your throwing implements to be inspected from either 8:00-8:15am, 9:30-9:45am or 11:00-11:15am near the throwing rings.

Throws and horizontal jumps will have 4 attempts. There are no additional attempts/flights.

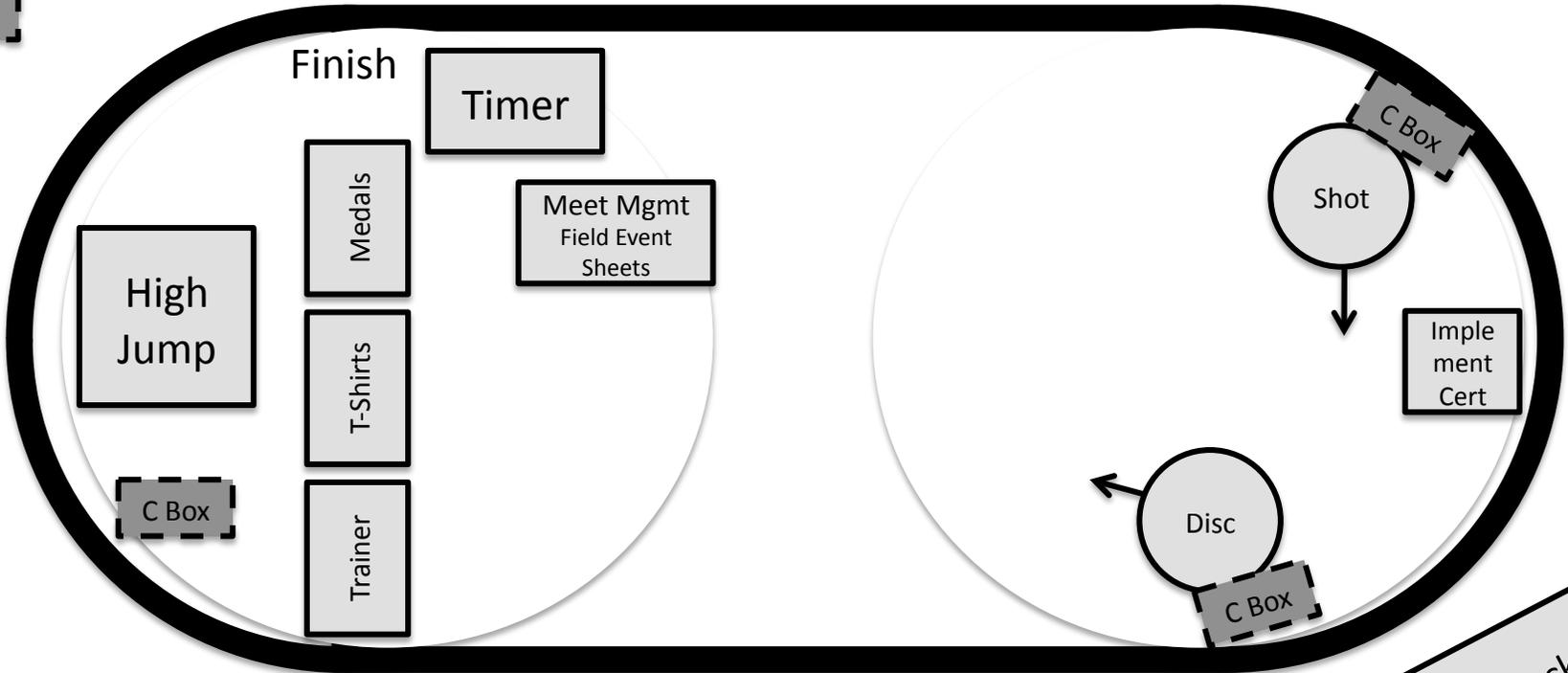
RustBuster 2022 Layout

NOT TO SCALE

Long and Triple Jump

Small Grandstands
NO TENTS PLEASE

C Box



Big Grandstands
All Tents Set Up Here Please

Snack Shack/
Rest Rooms

Water Bottle
Fill Station

Sheds

