

8th Annual
RustBuster Invitational
2024



The Eighth Annual RustBuster Invitational

Saturday, March 2, 2024

REGISTRATION AND MEET INFORMATION

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, kids and families that love track and want to have a great early season experience.

COACHES PLEASE NOTE

There has been a change in the administration of the meet. Kirk Flatow is no longer coaching Track & Field at Monta Vista. Just because things change, there's no need to stop a good thing. From my understanding, the meet has been very popular in the past as the first opportunity for our athletes to experience competition. RustBuster will continue this year as it has in the past as a 12 team Invitational.

As a true Invitational, RustBuster will be limited to the first 11 schools that express their interest and confirm by submitting payment. We will begin accepting checks December 01, 2023. The 2023 bulletin stated the 11 schools that were first to register in 2023, would get first right of registration for 2024. If any school decides to drop, we will open up that spot for replacements. That will be honored for the 2024 Invitational. Once the final 11 teams are finalized, the checks of those not competing will be returned. **Invited teams that have not submitted payment by January 19, 2024 could be replaced by another team based on when payment is received.**

The cost per school will be \$275, plus some volunteer/coach support in the meet-day administration of RustBuster. Preliminary meet information and assignments will follow once registration is complete.

RustBuster is active on Athletic.net. Invited schools can accept their invitation beginning December 1, 2023. Athlete registration will begin January 1, 2024. Athlete registration will close on February 26, 2024 at 11:00 pm.

**Please email your interest in participating beginning 12/01/23.
We will acknowledge entries by the date payment is received**

RustBuster Track and Field Invitational 2024

Payment Details

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

Act fast. Remember school entries are based on the order payment is received.

If you need a payment receipt or other documentation for reimbursement, please email David Sciplin at dasmas360@gmail.com

The Eighth Annual RustBuster Invitational

Saturday, March 2, 2024

REGISTRATION AND MEET INFORMATION (PRELIMINARY as of 11-17-23)

The Monta Vista High School track & field team looks forward to having your team join us for the Eighth 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 to an enjoyable and successful start to the 2024 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 2024. Our goal is to have the RustBuster track events start at 9:00am 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 facilities) 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 David Sciplin at dasmas360@gmail.com.

RustBuster Meet Details

Coach's Meeting: There will be a coach's meeting at 8:15am near the timing area. If you have scratches or substitutions for any laned event, e.g., sprints and hurdles — please let us know during the coaches meeting. If you're not sure, we can accommodate the request during each event's check-in. 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 2024, as has been in the past, 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 Limits: Below are the number of entries per school, per event.

Divisions: boys' and girls' varsity, and boys' and girls' frosh-soph.

1,600m and 3,200m – 5 athletes per division,
800m – 3 athletes per division,
All other running events – 4 athletes per division

Field Events – 3 athletes per division

4x800m – 2 relay teams per division

4x100m & 4x400m – 1 team for each school per division.

Each athlete may compete in a maximum of four events including relays.

All entries must be made online at [Athletic.net](https://athletic.net). The close of entries will be Monday, February 26 at 11:00 pm.

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. Practice hurdles will be available. The discus is thrown in the center of our track oval, so space is limited. For safety, space around the discus landing area will be restricted during the event. Please use alternate areas to warm up. We want this to be a safe and fun event. Space will be allocated on the field outside the discus landing area for final warm ups. We may 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!

Timing Area: Please, all coaches and athletes, stay away from the timing area! We will post your results shortly after your event is completed. We know after a race, everyone wants to know how they did. The less distraction the timer has, the faster they can do their job to get you the information you're looking for.

Reporting to Events

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

/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.

/Sprints and Hurdles: After all entries are submitted, we will calculate the number of heats needed for each event-division. Please make sure your fastest athletes are available to run in the first or second heat. We will try to enter at least one athlete from each school in these first 2 heats. It will be your athlete's responsibility to be available in the proper heat. After the first 2 heats are 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 when the announcement is made, and they may get a spot in the final heat. First come, first served!

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. The event judge will be allowed to set flexible rules for checking out and back in. There will be no formal check out procedures for field events. Based on the judge's rule set for the time allowed for their flight, it will be the athlete's responsibility to decide when to leave for any other event, and to return and get back in line to complete their remaining attempts. 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 set up between the Shot and Discus rings for certification. Please get your implement certified as soon as you arrive at the track. To allow for warm up throws, please certify your implements at least 30 minutes before the event.

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. If there is an issue, please bring your concerns to the meet director. It's not the time or place to argue with the volunteer. As many of the athletes are learning, the volunteer may be too. Let make this a positive learning experience so everyone to get what they need.

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".

It is important to note once the height is set, the bar can not be moved until the next height is earned. It's important for all athletes to be mindful of their time away from the high jump area to make sure the event is completed within a reasonable amount of time.

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: David Sciplin, Meet Director, Monta Vista High School.

The RustBuster 2024

Event Start Times on Rolling Schedule

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

The order for all track events will be FSG, FSB, VG, VB except the hurdle events or as otherwise noted.

First Race – 9:00am: First 3 events be ready to go by 8:45am!

3,200m (FSB)

High Hurdles (FSG-VG-VB-FSB @ 65m)

4x800m Relay (FSG – FSB – VG - VB)

4x100m Relay (FSG – FSB – VG - VB)

1,600m (FSG – FSB – VG - VB)

800m (FSG – FSB – VG - VB)

100m (FSG – FSB – VG - VB)

400m (FSG – FSB – VG - VB)

3,200m (FSG and VG together)

300m Hurdles (FSG – VG – FSB - VB)

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

3200m (VB)

4x400m Relay (FSG – FSB – VG - VB)

Welcome RustBuster at Monta Vista High School

Where it is always a great day to race!

The RustBuster Field Events

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

	8:30am	10:00am	11:30am	1:00pm
Shot Put	VB	FSB	VG	FSG
Discus	VG	FSG	VB	FSB
Long Jump	FSG	VG	VB	FSB
Triple Jump	VB	FSB	FSG	VG
High Jump	FSB	VG	FSG	VB

All throwing implements must be inspected and weighed 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

Weigh-in is near the throwing rings.

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

Potential Results: Check the Lynbrook site for a link to on-line result posting <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2024/2024.htm>