

**Monta Vista Track & Field Team 2026**  
**Firebird Relays Invitational**  
**Saturday, March, 21st, 2026**



**Transportation**

YOU are responsible for arranging your transportation to Fremont High School, on time!

**Location & Start**

575 W Fremont Ave, Sunnyvale, CA 94087

8:00am—scheduled meet start for field events. 8:30am is the scheduled start for track events. Look at the schedule below to determine when you need to arrive. Ideally, you are at the meet 90 minutes before your first event is scheduled to start.

**Meet Overview**

This is a really fun meet! You can combine scores with your teammates to form the “relays” and earn extra medals outside of your individual placement. It’s also just a big meet with a lot of competition. It will be a long day though, so plan accordingly. Let’s try to stay off of our feet in between events if you have multiple that you are doing throughout the day. This is a huge energy waster, standing/walking around for hours (trust me, that’s what I do all day at track meets and my legs are zapped afterwards!).

---

**Bring your A-game!**

Weekend invitationals are a little bit different than our league meets - the focus is more on yourself as an individual. These will be opportunities to face better competition than normal and a larger variety of competition - kids you’re not going to see at our league meets! Rise to the occasion and capitalize on the opportunity and you may go home with a medal - or even better, a PR!

---

**Monta Vista's Firebird Invite Entries**  
[Meet Program](#)

Name	Event	<b>Estimated</b> Time of Event
Track Events		
Navya Kari	FSG 100m Hurdles - H2 L1	~8:42am
Constantine Chua	VB 110m Hurdles - H1 L8	~8:48am
Melinda Zhao Taylor Orr Alex Perrault Myra Mishra	FSG 1600m	~9:03am
Darin Young Aric Obaidur	FSB 1600m	~9:21am
Miranda Hsu Naomi Hsu	VG 1600m	~9:30am
Riu Yamada Ethan Yang Tarun Gandhi Sam Heinonen	VB 1600m	~9:48am
Tahlia Tashjian Noemi Condon Caroline Labudde Mya Vu	FSG 4x100m Relay Heat 1 Ln 7	~10:06am
Max Shaykin Jeffrey Choy Jake Tong Constantine Chua	VB 4x100m Relay Heat 1 Ln 6	~10:15am
Kaitlyn Lum Sarah Kumar Medha Rustagi Sophia Li Vishakha Shastri (alt)	FSG DMR	~10:21am

Tarun Gandhi Jeffrey Choy Sam Heinonen Ethan Yang Riu Yamada (alt) Jonah Chang (alt)	VB DMR	~10:21am
Vishakha Shastri	FSG 400m - H2 L5	~10:48am
Ivan Shliakhov Jonah Chang Kento Murase	VB 400m - H2 L3 H2 L2 H3 L2	~11:24pm ~11:27pm
Myra Mishra Alex Perrault Taylor Orr Sophia Li Kaitlyn Lum (alt)	FSG 4x800m Relay	~11:36pm
Noemi Condon Mya Vu Caroline Labudde Navya Kari	FSG 100m - H3 L1 H4 L5 H5 L5 H6 L3	~12:12pm ~12:14pm ~12:16pm ~12:18pm
Carter Miller Yibo Wang Michael Zhilinsky	FSB 100m - H2 L7 H4 L6 H6 L3	~12:22pm ~12:26pm ~12:30pm
Jayden Tang Max Shaykin Jake Tong	VB 100m - H1 L7 H2 L4 H3 L8	~12:46pm ~12:48pm ~12:50pm
Kaitlyn Lum	FSG 800m	~1:02pm
Soma Pujara Oliver Perrault	FSB 800m	~1:07pm
Riu Yamada Aidan Cushman-Kihnley	VB 800m - Heat 1 Heat 2	~1:27pm
Constantine Chua	VB 300m Hurdles - H1 L6	~1:58pm
Max Shaykin Jake Tong Jeffrey Choy Kento Murase	VB SMR Heat 1 Ln 4	~2:22pm

Suhani Pahuja - V Melinda Zhao - FS Luna Lee - FS	Girls 3200m	~2:27pm
Alex Perrault Sarah Kumar Caroline Labudde Vishakha Shastri	FSG 4x400m Relay Heat 1 Ln 3	~3:15pm
Jonah Chang Constantine Chua Riu Yamada Jeffrey Choy	VB 4x400m Relay Heat 1 Ln 5	~3:42pm
Field Events		
Alex Sharma	VG Shot Put	8:30am
Jasmine Zhao Rafaela Maglaque	VG Long Jump	8:30am
Mya Vu Tahlia Tashjian	FSG High Jump	~10:30am
Kingston Jourdan	VB Shot Put	~11:00am
Michael Zhilinsky Adam Yang	FSB Triple Jump	~11:00am
Alex Sharma Jasmine Zhao Rafaela Maglaque	VG Discus Throw	~11:00am
Dayo Davies Praddy Vijaykrishna Kingston Jourdan	VB Long Jump	~11:30am
Dayo Davies Praddy Vijaykrishna	VB High Jump	~12:00pm
Duncan Ross	FSB Discus Throw	~2:00pm
Noemi Condon	FSG Shot Put	~2:30pm
Tahlia Tashjian Navya Kari Caroline Labudde Mia DeRoche	FSG Long Jump	~2:30pm

Jasmine Zhao	VG High Jump	~3:00pm
Mia DeRoche	FSG Triple Jump	~3:00pm
Adam Yang Michael Zhilinsky Duncan Ross	FSB Long Jump	~4:30pm

**↓ Scroll to Next Page for all meet information ↓**

# Firebird Relays

Saturday, March 21st, 2026

## General Meet Information

- Running events begins at 8:30am
- Field Events begin at 8:00 am
- Saturday, March 21st 2026
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may only compete in one division
- Limit 4-athletes per team in field events
  - 3 attempts. 20 athletes per flight.
  - Combined event team will also be ranked in scoring (must be at least 3 athletes for field event relay scoring), as well as individuals
- Limit 4-athletes per running event (100 and 400 will be very limited, check the list when posted)
  - No additional time allowance will be given to field event athletes with conflicting running events, the pits and rings are open. It is up to the athletes to arrange their field attempts with their individual running schedule.
- Limit 1-team per relay per school
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$10.00 per adult, \$5.00 per student
- T-Shirts and concessions on sale

## Awards

- Medals for top 6 individual places (for 100, 400, 800, 1600), top 3 in events where times/marks are added together to comprise relays (school must have at least three competitors in the event to constitute a field event team-combination relay)
- Meet trophy for team with most points for all four combined divisions (must score in each division)

## Schedule

- Running and Field events will start at 8:30am
  - Running events will follow a time schedule in the morning, then a rolling schedule after noon
  - Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
  - Those not checked in when their heat is on the line or when their field event starts, will be disqualified

## **Track & Field Events scheduled time and order, 8:30 start**

● The 1st half of the track events will run by the scheduled time on ***final heat sheet program***, then by ROLLING SCHEDULE

● Detailed Time table will be added by Friday 3/20, after all entries have heats & flights

### 1. 100m/110m/65m Hurdles 8:30

- a. VG 100mH
- b. FSG 100mH
- c. VB 110Mh
- d. FSB 65mH

### 2. 1600m run

- a. FSG 1600m
- b. FSB 1600m
- c. VG 1600m
- d. VB 1600m

### 3. 4x100m Relay

- a. FSG 4X100m
- b. FSB 4X100m
- c. VG 4X100m
- d. VB 4X100m

### 4. Distance Medley Relay (1200m, 400m, 800m, 1600m)

- a. All Girls DMR
- b. All Boys DMR

### 5. 400m run

- a. FSG 400m
- b. FSB 400m
- c. VG 400m
- d. VB 400m

### 6. 4x800m Relay

- a. All Girls 4X800m
- b. All Boys 4X800m

## **NO BREAK - Rolling schedule**

7. 100m dash (Each team gets at least 1 competitor, then seed rank will fill out 96 total competitors)

- a. FSG 100m
- b. FSB 100m
- c. VG 100m
- d. VB 100m

### 8. 800m run

- a. FSG 800m
- b. FSB 800m
- c. VG 800m
- d. VB 800m

9. 300IH (scoring 3-deep total time for relay)
  - a. FSG 300mH
  - b. VG 300Mh
  - c. FSB 300mH
  - d. VB 300mH
  
10. Speed Medley Relay (100, 100, 200, 400) (replaces 200m and 4x200m relay)
  - a. FSG SMR
  - b. FSB SMR
  - c. VG SMR
  - d. VB SMR
  
11. 3200M run
  - a. VG & FSG
  - b. VB
  - c. FSB
  
12. 4x400m relay
  - a. FSG 4X400m
  - b. FSB 4X400m
  - c. VG 4X400m
  - d. VB 4X400m

### **Field Events - Estimated Schedule**

(Field event limit of 4 competitors per school per division (replacements can be written in with event officials, but may delay over-all results on Athletic.Net). 3-top competitors per team comprise field event relay)

1. High Jump (open pit duration per division, estimated start times below, may change once entries are in )
  - a. 8:30 – FSB HJ, start at 4’04”
  - b. 10:30 – FSG HJ, start at 3’04”
  - c. 12:00 – VB HJ, start at 4’10”
  - d. 3:00 – VG HJ, start at 3’10”
  
2. Shot Put (estimated start times below, may change once all entries are in )
  - a. 8:30 – VG SP
  - b. 11:00 – VB SP
  - c. 2:30 – FSG SP
  - d. 4:30 – FSB SP
  
3. Triple jump (open pit per division, estimated start times below, may change once all entries are in )
  - a. 8:30 – VB TJ
  - b. 11:00 – FSB TJ
  - c. 1:00 – VG TJ
  - d. 3:00 – FSG TJ

4. Discus (estimated start times below, may change once all entries are in )

- a. 8:30 – VB Disc
- b. 11:00 – VG Disc
- c. 2:00 – FSB Disc
- d. 4:30 – FSG Disc

5. Long Jump (open pit per division, estimated start times below, may change once all entries are in

- a. 8:30 – VG LJ
- b. 11:30 – VB LJ
- c. 2:30 – FSG LJ
- d. 4:30 – FSB LJ