



**Monta Vista Track & Field Team 2024**  
**Firebird Relays Invitational**  
**Saturday, March 23rd, 2024**

**Transportation**

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

**Location & Start**

Fremont High School, 575 W Fremont Ave, Sunnyvale, CA 94087

8:30am scheduled meet start for track events, 9:00am for field. 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. You need to check in 30 minutes before your event!

*\*Schedule will be updated when Fremont provides it - not yet available*

**Meet Overview**

This is a fun invitational - there will be decent competition, and a ton of medals to earn! We will not have a full team at the meet, but make sure you are supporting the teammates that are competing.

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**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 t-shirt!

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## Monta Vista's Firebird Invite Entries

Name	Running Event	Scheduled Time of Event
Raji Kenyan	VG 100m H	8:33am - Heat 2
Ethan Zhu	VB 110m H	8:51am - Heat 1
Jake Tong	FSB 65m H	9:03am - Heat 2
<del>Miranda Hsu</del>	<del>FSG 1600m</del>	<del>TBD</del>
Ethan Yang	FSB 1600m	9:21am - Heat 1
Kento Murase		9:30am - Heat 2 (Possibly)
Alexander Chu		
Aidan Cushman-Kihnley		
Anika Bhandarkar	VG 1600m	9:39am
Margaux Francoeur		
Madi Polidoro		
Megan Nieh		
Tanay Parikh	VB 1600m	9:48am - Heat 1
Bradley Dulay		9:57am - Heat 2 (Possibly)
Justin Yaung		10:06am - Heat 3 (Possibly)
<del>Ivan Shilakhov</del> Jake/Ryan/Agasthya (?) Haris Shaikh Alex Frefel Jayden Tang	FSB 4x100m Relay	10:30am - Heat 1
Mira Ram	FSG 400m	11:30am - Heat 3
Felicity Ho		
Alex Frefel	FSB 400m	11:42am - Heat 2
<del>Ivan Shilakhov</del>		11:48am - Heat 4
Krish Paul		

Jake Tong	FSB 400m	11:51am - Heat 5
Denny Dong	VB 400m	12:12pm - Heat 1
Manasi Prasad Valerie Ayzenberg Hemani Kamarshi Annelise Gorts	VG 4x800m Relay	12:33pm
<b>Rolling Schedule after this</b>		
Felicity Ho	FSG 100m	1:36pm - Heat 4
Jayden Tang	FSB 100m	~1:44pm - Heat 2 ~1:48pm - Heat 4
Haris Shaikh		
<del>Kingston Jourdan</del>		
Krithin Addanki		
Katie Lee	VG 100m	~2:00pm - Heat 1
Camille Yip		~2:08pm - Heat 5
Jeffrey Song	VB 100m	~2:14pm - Heat 2 ~2:18pm - Heat 4
Benjamin Chen		
Mira Ram	FSG 800m	~2:28pm
Rita Bondar		
Aidan Cushman-Kihnley	FSB 800m	~2:38pm - Heat 1
Soham Beesetti		~2:43pm - Heat 2 (Possibly)
Alexander Chu		~2:48pm - Heat 3 (Possibly)
Valerie Ayzenberg	VG 800m	~2:53pm
Denny Dong	VB 800m	~3:03pm - Heat 1  ~3:08pm - Heat 2 (Possibly) ~3:13pm - Heat 3 (Possibly)
Bradley Dulay		
Nicholas Pantino		
Justin Yaung		

Raji Kenyan	VG 300LH	~3:27pm - Heat 1
Alex Frefel	FSB 300IH	~3:36pm - Heat 1
Ethan Zhu	VB 300IH	~3:51pm - Heat 3
Anika Bhandarkar	VG 3200m	~4:40pm
Manasi Prasad	+	
Miranda Hsu	FSG 3200m	
Tanay Parikh	VB 3200m	~4:56pm
Ryan Liu		
Cameron Polidoro	FSB 3200m	~5:12pm
Soham Beesetti		

<b>Name</b>	<b>Field Event</b>	<b>Scheduled Time of Event</b>
Ryan Shen	FSB High Jump	9:00am
Agasthya Kothuri		
Dayo Davies		
Krish Paul		
Darren Lin	VB Triple Jump	9:00am
Ben Chen		
Louis Yang		
Lelani Laruelle	VG Long Jump	9:00am
Clara Fan		
Dylan Hwang		

Alice Ross	VG Shot Put	9:00am
Clara Fan		
Billy Levison	VB Discus Throw	9:00am
Nate Diaz		
Allie Rummelhoff	FSG High Jump	11:00am
Jasmine Zhao		
Rafaela Maglaque		
Agasthya Kothuri	FSB Triple Jump	11:30am
Ryan Shen		
Ethan Yang		
Dayo Davie		
Nate Diaz	VB Shot Put	11:30am
Billy Levison		
Alice Ross	VG Discus Throw	11:30pm
Ben Chen	VB Long Jump	12:00pm
Jeffrey Song		
Louis Yang		
Darren Lin		
Clara Fan	VG Triple Jump	1:30pm
Lelani Laruelle		
Dylan Hwang		
Graham Ischo	FSB Discus Throw	2:30pm
Eddie Fan		
Adam Abdelrahman		
Kingston Jourdan		

Lauren Moore	FSG Long Jump	3:00pm
Jasmine Zhao		
Rafaela Maglaque		
Allie Rummelhoff	FSG Shot Put	3:00pm
Alex Sharma		
Lelani Laruelle	VG High Jump	3:30pm
Clara Fan		
Dylan Hwang		
Allie Rummelhoff	FSG Triple Jump	3:30pm
Lauren Moore		
Lisa Yoshida		
Jasmine Zhao		
Ryan Shen	FSB Long Jump	5:00pm
Graham Ischo		
Dayo Davies		
Agasthya Kothuri		
Graham Ischo	FSB Shot Put	5:00pm
Kingston Jourdan		
Adam Abdelrahman		
Eddie Fan		
Allie Rummelhoff	FSG Discus Throw	5:00pm
Fiona Rusak		
Jasmine Zhao		
Alex Sharma		

↓ **All meet information below** ↓

# Saturday March 23rd, 2024

## The 11<sup>th</sup> allowable Firebird Relays

Fremont High School

### NOTE

Please pay special attention to open sprints: each school will have 1-auto entry, then seeded times will fill out the field of 9 heats per division (alternates will go 8 deep).

In addition, parking will be challenging again. The Track (Saratoga-Sunnyvale) parking lot has construction activity. There is a larger school parking lot off of Fremont Blvd. Please plan for buses to park in the church parking lot further west on Fremont Blvd or in back of the closed strip-mall behind the Mobile gas station on Sunnyvale-Saratoga. Parents: plan neighborhood parking or nearby lot parking.

### General Meet Information

- Running events begins at 8:30am, Field Events begin at 9:00 am

### Firebird Relays

Saturday, March 23rd, 2024

- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may not compete in both Varsity and F/S events
- 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 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: \$5.00 per adult (includes programs, still \$5.00 without program), \$2.00 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 events will start at 8:30am, Field Event at 9:00 am
- Running events will follow a time schedule in the morning, then a rolling schedule after 1:45
- 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

## Meet Directors

- Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Hank Lawson, Mark Shields
- Please email the group with your questions; Markstrackcoach@gmail.com, [Sylvmarks@yahoo.com](mailto:Sylvmarks@yahoo.com)



# 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

Time table will be added by Friday 3/22, after all entries have heats & flights

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

1. 8:30- VG 100mH
2. - FSG 100mH
3. - VB 110Mh
4. - FSB 65mH

*rank will fill out 96 total competitors)*

1. FSG 100m
2. FSB 100m
3. VG 100m
4. VB 100m

2. 1600m run

1. - FSG 1600m
2. - FSB 1600m
3. - VG 1600m
4. - VB 1600m

8. 800m run

1. FSG 800m
2. FSB 800m
3. VG 800m
4. VB 800m

3. 4x100m Relay

1. - FSG 4X100m
2. - FSB 4X100m
3. - VG 4X100m
4. - VB 4X100m

9. 300IH (scoring 3-deep total time for relay)

1. FSG 300mH
2. VG 300mH
3. FSB 300mH
4. VB 300mH

4. Distance Medley Relay

1. - All Girls DMR
2. - All Boys DMR

10. Speed Medley Relay

1. FSG SMR
2. FSB SMR
3. VG SMR
4. VB SMR

5. 400m run

1. - FSG 400m
2. - FSB 400m
3. - VG 400m
4. - VB 400m

11. 3200M run

1. VG & FSG
2. VB
3. FSB

6. 4x800m Relay

1. - All Girls 4X800m
2. - All Boys 4X800m

12. 4x400m relay

1. FSG 4X400m
2. FSB 4X400m
3. VG 4X400m
4. VB 4X400m

NO BREAK - Rolling schedule

7. 100m dash 2:08 (*Each team gets at least 1 competitor, then seed*)

# Field Events – Will be run by scheduled times during the complete competition

(Field event limit of 4 competitors per school per division (replacements can be written in with event official, 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*)
  1. 9:00 – FSB HJ, start at 4'04"
  2. 11:00 – FSG HJ, start at 3'04"
  3. 12:30 – VB HJ, start at 4'10"
  4. 3:30 – VG HJ, start at 3'10"
2. Shot Put (20 person flights, 75 min per flight, top seeds in 1<sup>st</sup> flight, *estimated start times below, may change once all entries are in*)
  1. 9:00 – VG SP
  2. 11:30 – VB SP
  3. 3:00 – FSG SP
  4. 5:00 – FSB SP
3. Triple jump (*open pit per division, estimated start times below, may change once all entries are in*)
  1. 9:00 – VB TJ
  2. 11:30 – FSB TJ
  3. 1:30 – VG TJ
  4. 3:30 – FSG TJ
4. Discus (20 person flights, 75 min per flight, top seeds in 1<sup>st</sup> flight, *estimated start times below, may change once all entries are in*)
  1. 9:00 – VB Disc
  2. 11:30 – VG Disc
  3. 2:30 – FSB Disc
  4. 5:00 – FSG Disc
5. Long Jump (*open pit per division, estimated start times below, may change once all entries are in*)
  1. 9:00 – VG LJ
  2. 12:00 – VB LJ
  3. 3:00 – FSG LJ
  4. 5:00 – FSB LJ