



Monta Vista Track & Field Team 2024
Quicksilver Classic Invitational
Saturday, March 30th, 2024

Transportation

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

Location & Start

Leland High School, 6677 Camden Ave, San Jose, CA 95120

8:30am scheduled meet start for track events, 8:00am 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 supposed to start. You need to check in 40 minutes before your event!

**Schedule is a rolling schedule and Leland is only providing the overall start time - times in the table below are my best guess, so make sure you are early!*

Meet Overview

The weather does not look good! Be prepared with everything you might need, plus plenty of extra clothes and things to keep you warm. We will keep everyone posted in discord if the meet gets canceled due to lightning.

Bring your A-game!

Weekend invitationals are a little bit different than our league meets - the focus is more on yourself as an individual. Like Coach Curtis said, invites are the dessert, so have fun and enjoy it! 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 an award!

Monta Vista's Quicksilver Invite Entries

See Last 4 pages for estimated schedule times

Name	Running Event	Check-in time
Mira Ram/Rita Bondar	FSG 4x100m	Check-in before 8:00am 8:30am race
Allie Rummelhoff		
Felicity Ho		
Lauren Moore		
Soham Beesetti	FSB 1600m	Check-in before 8:15am
Alexander Chu		
Aidan Cushman-Kihnley		
Alex Frefel	FSB 65m H	Check-in before 9:30am
Jake Tong		
Felicity Ho	FSB 400m	Check-in before FSG 1600m
Mira Ram		
Alex Frefel	FSB 400m	Check-in before FSG 1600m
Jayden Tang	FSB 100m	Check-in before FSG 100m H
Graham Ischo		
Haris Shaikh		
Jake Tong		
Kevin Liu		
Kingston Jourdan		
Mira Ram	FSG 800m	Check-in by start of FSG 400m
Soham Beesetti	FSB 800m	Check-in by start of FSG 400m
Aidan Cushman-Kihnley		

Alex Frefel	FSB 300m H	Check-in by start of FSG 100m
Soham Beesetti	FSB 3200m	Check-in by Start of FSG 300m H
Tanay Parikh	VB 1600	Check-in by FSG 4x400 relay
Ryan Liu		
Bradley Dulay		
Zoe Laruelle	VG 100m H	Check-in by start of VG 1600m
Ethan Zhu	VB 110m H	Check-in by start of VG 1600m
Andrew Cheng		
Katie Lee	VG 100m	Check-in by start of VG 100m H
Zoe Laruelle		
Ben Chen	VB 100m	Check-in by start of VG 100m H
Cameron Miller		
Tanay Parikh	VB 800m	Check-in by start of VG 100m
Bradley Dulay		
Zoe Laruelle	VG 300m H	Check-in by start of VG 800m
Katie Lee	VG 200m	Check-in by start of VG 300m H
Ben Chen	VB 200m	Check-in by start of VG 300m H
Andrew Cheng		
Cameron Miller		
Tanay Parikh	VB 3200m	Check-in by start of VG 200m
Ryan Liu		
Field Events below		

Name	Field Event	Scheduled Time of Event
Graham Ischo	FSB Shot Put	8:00am
Adam Abdelrahman		
Eddie Fan		
Kingston Jourdan		
Andrew Nguyen		
Allie Rummelhoff	FSG Discus	
Jasmine Zhao		
Alex Sharma		
Rafaela Maglaque		
Jasmine Zhao	FSG High Jump	
Rafaela Maglaque		
Ryan Shen	FSB Long Jump	
Graham Ischo		
Agasthya Kothuri		
Dayo Davies		
Allie Rummelhoff	FSG Triple Jump	
Lauren Moore		
Jasmine Zhao		
Allie Rummelhoff	FSG Shot Put	10:00am
Alex Sharma		
Eddie Fan	FSB Discus Throw	
Adam Abdelrahman		
Graham Ischo		
Kingston Jourdan		

Andrew Nguyen	FSB Discus Throw	
Ryan Shen	FSB High Jump	
Dayo Davies		
Lauren Moore	FSG Long Jump	
Jasmine Zhao		
Rafaela Maglaque		
Agasthya Kothuri	FSB Triple Jump	
Eddie Fan		
Dayo Davies		
Nate Diaz	VB Shot Put	~12:30pm
Anika Manjesh	VG Discus Throw	
Darren Lin	VB Long Jump	
Cameron Miller		
Anika Manjesh	VG Shot Put	~2:30pm
Nate Diaz	VB Discus Throw	
Darren Lin	VB Triple Jump	

↓ **All meet information below** ↓

18TH ANNUAL
“Don Bell” QUICKSILVER CLASSIC
LELAND HIGH SCHOOL
SATURDAY MARCH 30, 2024

Leland High School will host the 16th Annual “Don Bell” Quicksilver Classic will be held on Saturday, MARCH 30, 2023 on the LELAND HIGH SCHOOL TRACK. There will be Varsity and Frosh-Soph Divisions for Boys & Girls.

SCHEDULE: This years meet will continue to feature split divisions as the F/S Boys and F/S Girls will compete in the morning while the Varsity Boys and Varsity Girls will compete in the afternoon session.

MEET POLICIES for Athletes and Coaches:

1. All athletes in running events must check in 40 minutes prior to the start of their event so that we will be able to set up and condense heats (seed on the fly). Athletes NOT checked in will be scratched from their event. Athletes must report back 15 minutes prior to the start of their event for heat, lane assignments and hip numbers.
2. All field event athletes must check in 30 minutes prior to the start of their event so flights may be established. Athletes NOT checked in will be scratched from their event. Each VARSITY athlete will receive 4 attempts in the Shot, Discus, Long Jump, and Triple Jump. Each Frosh-Soph athlete will receive 3 attempts in the Shot, Discus, Long Jump, and Triple Jump.
3. All running events will be final.
4. All warm ups should take place on the turf adjacent to the Discus area, NOT INSIDE the STADIUM.

GENERAL INFORMATION:

- Award medals to 1-2-3-4-5-6 place finishers in ALL 4 DIVISIONS Including Relays.
- Admission: Adult \$5.00 Students \$2.00
- Finish Lynx timing system on the finish line, all weather track and runways
- Lane assignments will be seeded by best times and marks - Slow to Fast Heats – all races run as finals. Final placement will be determined by time.
- Athletic Trainer will be available at the meet
- T-Shirts For Sale
- Programs For Sale (\$2)
- Concession stand will be open.

MEET DIRECTOR / COORDINATOR

Jerry Rose (408) 425-0437

Meet Director Email: JerryRose100@gmail.com

Rudy Montenegro (408) 807-2991

Meet Coordinator Email: rmontenegro922@yahoo.com

Field Events - Check-In 30 minutes prior to Start of Event

8:00 AM

Boys F/S Shot Put
Girls F/S Discus
Girls F/S Pole Vault
Boys F/S Long Jump
Girls F/S High Jump
Girls F/S Triple Jump

10:00 AM

Girls F/S Shot Put
Boys F/S Discus
Boys F/S Pole Vault
Girls F/S Long Jump
Boys F/S High Jump
Boys F/S Triple Jump

(NOTE: TIMES BELOW ARE ESTIMATIONS ONLY)

12:30 PM

Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity Pole Vault
Boys Varsity Long Jump
Girls Varsity High Jump
Girls Varsity Triple Jump

2:30 AM

Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity Pole Vault
Girls Varsity Long Jump
Boys Varsity high Jump
Boys Varsity Triple Jump

ALL SHOT & DISC WEIGH INS PRIOR TO COMPETITION

Running Events Start at 8:30 AM

Frosh/Soph Girls and Boys will run all events in the morning, then they will move on to the Varsity Girls and Boys in the (late) afternoon

***Times below with in italics and in purple are Coach Smith's best guesses based on the overall entries and how many heats we can expect of each event. Please be conservative and show up earlier than you think you should!!!**

F/S Divisions

8:30am

4x100m Relay Girls F/S Check-in by 8:00 am

4x100m Relay Boys F/S Check-in by 8:00 am

*~8:15am**

1600m Girls F/S Check-in by 8:15 am

1600m Boys F/S Check-in by 8:15 am

~9:15am (Assuming 7 total heats of 1600s - there are over 160 runners)*

100m HH Girls F/S Check-in by 8:30 am

65m HH Boys F/S Check-in by 9:30 am

*~9:30am**

400m Girls F/S Check-in by Start of F/S 1600m

400m Boys F/S Check-in by Start of F/S 1600m

*~10:20am**

100m Girls F/S Check-in by Start of F/S 100m HH

100m Boys F/S Check-in by Start of F/S 100m HH

~11:35am (there are nearly 200 runners in the 100m)*

800m Girls F/S Check-in by Start of F/S 400m

800m Boys F/S Check-in by Start of F/S 400m

~12:20pm (there are over 100 runners in the 800m)*

300m LH Girls F/S Check-in by Start of F/S 100m

300m IH Boys F/S Check-In by Start of F/S 100m

~12:35pm (there are over 100 runners in the 800m)*

200m Girls F/S Check-In by Start of F/S 800m

200m Boys F/S Check-In by Start of F/S 800m

~1:45pm (there are nearly 200 runners in the 200m)*

3200m Girls F/S Check-In by Start of F/S 300m LH

3200m Boys F/S Check-In by Start of F/S 300m LH

~2:25pm*

4x400m Relay Girls F/S Check-In by Start of F/S 200m

4x400m Relay Boys F/S Check-In by Start of F/S 200m

Varsity Divisions

~3:00pm*

4x100m Relay Girls Varsity Check-In by Start of F/S 4x400m Relay

4x100m Relay Boys Varsity Check-In by Start of F/S 4x400m Relay

~3:10pm*

1600m Girls Varsity Check-In by Start of F/S 4x400m Relay

1600m Boys Varsity Check-In by Start of F/S 4x400m Relay

~4:10pm (assuming 6 heats - there are over 150 athletes in the 1600m)*

100m HH Girls Varsity Check-in by Start of Girls Varsity 1600m

110m HH Boys Varsity Check-In by Start of Girls Varsity 1600m

~4:25pm*

400m Girls Varsity Check-In by Start of Girls Varsity 100m HH

400m Boys Varsity Check-In by Start of Girls Varsity 100m HH

~4:50pm*

100m Girls Varsity Check-In by Start of Girls Varsity 400m

100m Boys Varsity Check-In by Start of Girls Varsity 400m

~6:00pm (There will be about 22 heats of the 100m)*

800m Girls Varsity Check-In by Start of Girls Varsity 100m

800m Boys Varsity Check-In by Start of Girls Varsity 100m

~6:35pm*

300m LH Girls Varsity Check-In by Start of Girls Varsity 800m

300m IH Boys Varsity Check-In by Start of Girls Varsity 800m

~7:00pm*

200m Girls Varsity Check-In by Start of Girls Varsity 300m LH

200M Boys Varsity Check-In by Start of Girls Varsity 300m LH

~8:10pm*

3200m Girls Varsity Check-In by Start of Girls Varsity 200m

3200m Boys Varsity Check-In by Start of Girls Varsity 200m

~8:30pm*

4x400m Relay Girls Varsity Check-In by Start of Girls Varsity 3200m

4x400m Relay Boys Varsity Check-In by Start of Girls Varsity 3200m