



Saint Francis Invitational XXXIX

Monta Vista Track & Field Team 2024
St. Francis Invitational
Saturday, March 16th, 2024

Transportation

YOU are responsible for arranging your transportation to St. Francis High School, on time!

Location & Start

St. Francis High School, 1885 Miramonte Ave, Mountain View, CA 94040

8am—scheduled meet start. 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 an awesome track meet! There will be high quality competition, so use it to your advantage and give it all. We will not have a full team at the meet, but make sure you are supporting the teammates that are competing!

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!

Monta Vista's St. Francis Invite Entries

Name	Event	Scheduled Time of Event
Anika Bhandarkar	VG 3000m	8:00 am
Ethan Lu	VB 110m H	8:55 am
Denny Dong	VB 800m	9:50 am
Tanay Parikh	VB 800m	
Denny Dong	VB 400m	10:15 am
Anika Bhandarkar	VG Mile	10:50 am
Tanay Parikh	VB Mile	11:00 am
Jayden Tang	FSB 100m	11:20 am
Katie Lee	VG 100m	11:30 am
Ethan Lu	VB 300m H	12:20 pm
Kento Murase, Jake Tong, Qi Huang, Alexander Chu	FSB DMR	2:45 pm
Bradley Dulay, Justin Yaung, Nick Pantino, Ryan Liu	VB DMR	3:55 pm
Manas Kottakota, Tanay Parikh, Ethan Lu, Denny Dong	VB 4x400m relay	4:55 pm
Field Events		
Fiona Rusak	FSG Discus Throw	8:00 am
Allie Rummelhoff	FSG Discus Throw	
Alex Sharma	FSG Discus Throw	
Jasmine Zhao	FSG Discus Throw	
Clara Fan	VG Long Jump	9:00 am
Darren Lin	VB Triple Jump	9:00 am
Ryan Shen	FSB High Jump	9:00 am

Graham Ischo	FSB Shot Put	9:00 am
Graham Ischo	FSB Discus Throw	9:30 am
Eddie Fan	FSB Discus Throw	
Adam Abdelrahman	FSB Discus Throw (ALT.)	
Allie Rummelhoff	FSG Shot Put	11:00 am
Alex Sharma	FSG Shot Put	
Lelani Laruelle	FSG High Jump	11:30 am
Agasthya Kothuri	FSB Triple Jump	11:30 am
Clara Fan	VG Triple Jump	1:00 pm
Lelani Laruelle	FSG Long Jump	1:00 pm
Lauren Moore	FSG Long Jump	
Clara Fan	VG High Jump	2:00 pm
Lelani Laruelle	FSG Triple Jump	3:00 pm
Lauren Moore	FSG Triple Jump	
Allie Rummelhoff	FSG Triple Jump	
Jasmine Zhao	FSG Triple Jump	
Ryan Shen	FSB Long Jump	3:00 pm
Agasthya Kothuri	FSB Long Jump	
Graham Ischo	FSB Long Jump	

↓ All meet information below ↓

COMPETITION INFORMATION

- Please see the meet schedule below for individual event times and number of heats/flights.
- The meet schedule is a guideline. IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.
- WE WILL NOT RUN MORE THAN 30 MINUTES AHEAD OF SCHEDULE.

EVENT CHECK IN

- In running events, all relay teams and individual contestants will report to the Clerk's Circle at the east end of the track near the warm-up field by the second call. They will be given instructions at that time.
- Field event athletes will check in at the event.
- CHECK-IN CLOSES 30 MINUTES PRIOR TO THE START OF THE EVENT.

RUNNING EVENTS

- Running events will begin at 8:00 am

FIELD EVENTS

- Field events will begin at 8:00 am
- The field for the shot put and discus will be limited to no more than 36 contestants (4 flights of 9 each).
- The long and triple jump will be limited to no more than 32 athletes (4 flights of 8 each).
- In the field events, triple jump, long jump, shot put and discus, each athlete will receive 4 attempts. There will be NO FINALS!
- The Invitational section of the discus will receive 3 preliminary throws followed by 3 final throws.
- Each athlete is guaranteed one legal attempt measured. After one they must hit the meet standard. (will be published once entries are received)
- The high jump and pole vault will follow the "5 alive" format.
- The pole vault will have ONE pit for competition.
- Starting heights and progression will be determined once entries are complete.

IMPLEMENT WEIGH INS

- We will be weighing in implements at the WEST end of the track.
- Weigh ins will begin at 7:00 am
- Implements not making weight will be held until after the event is completed.

ALTERNATES

- Alternates for each event will be published.
- We will try to include as many alternates as possible.
- Alternates should check in with the clerk of the course. If a seeded athlete does not check in by final call then the alternates will be placed into the event.

RESULTS

- Live results will be posted through the Roster Athletics app.

AWARDS

- Award shirts will be given to the top 3 athletes/relay teams in each event.
- NOTE: In the case of multiple sections, final results will be based on the best performances across all sections.

TRACK FACILITY INFORMATION

WARM-UP AREA

- The warm-up area will be located on the softball field on the north side of the track.
- Access to the warm-up area is located on the east side of the track near the clerk.

ATHLETES

- Only athletes preparing for the next event should be on the field.
- No headphones/electronics will be allowed on the infield or track.
- All CIF uniform rules will be enforced.

COACHES

- Designated coaches with the proper field passes will be allowed on the infield. If you do not have a field pass please refrain from going down to the infield.
- Coaches are not allowed in the press box or timing area.

SPECTATORS

- NO SPECTATORS SHOULD BE ON THE INFIELD.
- ATHLETES NOT CURRENTLY COMPETING OR WARMING UP SHOULD NOT BE ON THE MAIN FIELD.

SPORTS MEDICINE

- There will be an athletic trainer on site stationed at the center of the field.

SPIKE LENGTH

- Pyramid spikes NO longer than ¼" (9mm) must be worn on the track for ALL events. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

LOCKER ROOM FACILITIES

- There are no dressing rooms or shower facilities. Meet Management encourages all teams to come to the meet prepared to compete.

GENERAL INFORMATION

ADMISSIONS (UPDATED FOR 2024)

- General Admission: \$10
- Non-SFHS student w/ ID \$5,
- Children 10 and under: Free

- SFHS Family Booster Pass (2 General Admission and immediate children): Free

T-SHIRTS

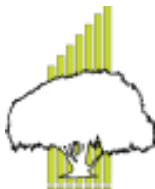
- Souvenir t-shirts will be available for purchase near the entry gate.

CONCESSIONS

- Concessions and BBQ will be available throughout the day.

PARKING

- Access to the stadium is from the south entrance adjacent to South Drive.
- Some parking is available on campus.



**2024 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD
INVITATIONAL RUNNING EVENTS SCHEDULE**

Time	Event	Division	Heats
8:00 AM	3000 M	VAR GIRLS	1
8:15 AM	3000 M	VAR BOYS	1
8:30 AM	100 H	FROSH/SOPH GIRLS	3
8:40 AM	100 H	VAR GIRLS	3
8:55 AM	110 H	VAR BOYS	3
9:05 AM	65 H	FROSH/SOPH BOYS	3
9:15 AM	800 M	FROSH/SOPH GIRLS	2
9:30 AM	800 M	FROSH/SOPH BOYS	2
9:40 AM	800 M	VAR GIRLS	2
9:50 AM	800 M	VAR BOYS	2
10:00 AM	400 M	FROSH/SOPH GIRLS	3
	400 M	FROSH/SOPH BOYS	3
10:15 AM	400 M	VAR GIRLS	3
	400 M	VAR BOYS	3
10:30 AM	Mile	FROSH/SOPH GIRLS	1
10:40 AM	Mile	FROSH/SOPH BOYS	1
10:50 AM	Mile	VAR GIRLS	1
11:00 AM	Mile	VAR BOYS	1
11:10 AM	100 M	FROSH/SOPH GIRLS	3
11:20 AM	100 M	FROSH/SOPH BOYS	3
11:30 AM	100 M	VAR GIRLS	3
11:40 AM	100 M	VAR BOYS	3
11:50 AM	300H	FROSH/SOPH GIRLS	3
12:00 AM	300H	VAR GIRLS	3

12:10 AM	300H	FROSH/SOPH BOYS	3
12:20 AM	300H	VAR BOYS	3
12:30 PM	4x200	FROSH/SOPH GIRLS	2
	4x200	FROSH/SOPH BOYS	2
12:45 PM	4x200	VAR GIRLS	2
	4x200	VAR BOYS	2
1:00 PM	National Anthem		
1:15 PM	Invitational 100	Girls	1
	Invitational 100	Boys	1
1:30 PM	Invitational Mile	Girls	1
	Invitational Mile	Boys	1
1:50 PM	4x100	FROSH/SOPH GIRLS	2
2:00 PM	4x100	FROSH/SOPH BOYS	2
2:10 PM	4x100	VAR GIRLS	2
2:20 PM	4x100	VAR BOYS	2
2:30 PM	DMR	FROSH/SOPH GIRLS	1
2:45 PM	DMR	FROSH/SOPH BOYS	1
3:00 PM	SMR	FROSH/SOPH GIRLS	2
3:10 PM	SMR	FROSH/SOPH BOYS	2
3:20 PM	SMR	VAR GIRLS	2
3:30 PM	SMR	VAR BOYS	2
3:40 PM	DMR	VAR GIRLS	1
3:55 PM	DMR	VAR BOYS	1
4:10 PM	4x400	FROSH/SOPH GIRLS	2
4:25 PM	4x400	FROSH/SOPH BOYS	2
4:40 PM	4x400	VAR GIRLS	2
4:55 PM	4x400	VAR BOYS	2



**2024 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD
INVITATIONAL
FIELD EVENTS SCHEDULE**

**SFINVITE
XXXVIII**

TIME	EVENT	DIVISION	NOTES (possible start heights)
8:00 AM	DISCUS	F/S GIRLS	
9:00 AM	POLE VAULT	F/S GIRLS	START 5' 9"
9:00 AM	LONG JUMP	VAR GIRLS	12' BOARD ONLY
9:00 AM	TRIPLE JUMP	VAR BOYS	36' BOARD ONLY
9:00 AM	HIGH JUMP	F/S BOYS	START 5' 0"
9:00 AM	SHOT PUT	F/S BOYS	
9:30 AM	DISCUS	F/S BOYS	
11:00 AM	POLE VAULT	F/S BOYS	ROLLING SCHEDULE
11:00 AM	SHOT PUT	F/S GIRLS	
11:15 AM	DISCUS	INVITE GIRLS	
11:30 AM	LONG JUMP	VAR BOYS	12' BOARD ONLY
11:30 AM	HIGH JUMP	F/S GIRLS	START 4' 0
11:30 AM	TRIPLE JUMP	F/S BOYS	32' BOARD ONLY
12:00 PM	DISCUS	INVITE BOYS	
12:30 PM	POLE VAULT	VAR BOYS	ROLLING SCHEDULE
1:00 PM	TRIPLE JUMP	VAR GIRLS	24' BOARD ONLY
1:00 PM	HIGH JUMP	VAR BOYS	START 5' 8"
1:00 PM	LONG JUMP	F/S GIRLS	8' BOARD ONLY
1:00 PM	SHOT PUT	VAR BOYS	
1:00 PM	DISCUS	VAR GIRLS	
2:00 PM	HIGH JUMP	VAR GIRLS	START 4' 8
2:30 PM	POLE VAULT	VAR GIRLS	ROLLING SCHEDULE

2:30 PM	DISCUS	VAR BOYS	
3:00 PM	SHOT PUT	VAR GIRLS	
3:00 PM	TRIPLE JUMP	F/S GIRLS	24' BOARD ONLY
3:00 PM	LONG JUMP	F/S BOYS	12' BOARD ONLY

*****POLE VAULT WILL BE ON A ROLLING SCHEDULE – TIMES LISTED
ABOVE ARE APPROXIMATE*****