

8th Annual RustBuster Invitational



The Eighth Annual RustBuster Invitational
Saturday, March 2, 2024

Location & Start Time:

Monta Vista High School
21840 McClellan Rd
Cupertino, CA 95014

If you are in an 8:30am flight for a field event, be at the school **no later than 7:30am** to warm up. If you are in the FS boys 3200, the boys or girls high hurdles, or the 4x800m relay, be at the school **no later than 8am** to properly warm up.

Everyone else, be there **before the meet begins at 8:30am!**

Meet Overview:

This is the first real competition for the season - be competitive and give what you have! However, realize that we have a long season ahead of us and the goal is that we are at our best selves for leagues. There's going to be a lot going on and your coaches are going to be busy helping run the meet smoothly. Look to your upperclassmen for help if you are confused or don't know where to go - do not wait until the last minute to ask questions because you will ultimately miss your event! When you are not competing, find someone to help and/or cheer on your teammates - we should be the most helpful and loudest team at this meet!

3 Things to Focus on at RustBuster

1. **Positive Mental Attitude** - "This is a GREAT day to compete!!" This is a starting point for the season and I do not expect PRs - I expect to see hungry competitors! Don't let your times or marks get you down and focus on competing to the best of your ability because it's all about the day.
 2. **We are a Team** - High school track & field is a team sport, so treat it as such! Go cheer on your teammates in the throws, the jumps, and on the track. Congratulate them after their event and let them know you actually care! Trust me, you will all be better competitors knowing everyone else with MV on their shirt is in your corner.
 3. **Gratitude** - Be thankful that you have this opportunity to compete! Don't only keep that thankfulness in your head though - go thank an official, a coach, a volunteer for making this meet possible.
-

HEAT SHEET/Lane assignments (subject to changes!):

https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2024/rb_pgm.htm

Event Start Times on Rolling Schedule

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

The order for all track events is FSG -> FSB -> VG -> VB except hurdles or as otherwise noted.

First Race – 8:45am. 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 – FSB – VG – VB)

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

3200m (VB)

4x400m Relay (FSG – FSB – VG – VB)

Field Events

	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 in one of the time blocks below. Weigh-in is near the throwing rings.

8:00 - 8:15am

9:30 - 9:45am

11:00 - 11:15am

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. As athletes finish, we will record their bib numbers and match the bibs to finish times.

/Sprints and Hurdles: 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. If the athlete is competing in a field event during check in, they may have a coach or teammate represent them; they should know the bib number.

/Relays: All four relay members should report to the start area when the relay event is called.

/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.

Field Event Notes:

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.

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"

Live Results: Check the Lynbrook site for a link to online result posting
<https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2024/2024.htm>