



Monta Vista Track & Field Team 2024
De Anza/Cupertino Invitational
Saturday, April 6th, 2024

Transportation

YOU are responsible for arranging your transportation to De Anza College on time!

Location & Start

21250 Stevens Creek Blvd, Cupertino, CA 95014

9:00am scheduled meet start for track events and field 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 supposed to start. You need to check in at least 30 minutes before your event!

**Schedule is a rolling schedule however De Anza is only going to run 20 minutes ahead at most. Factor that into your plans!*

Meet Overview

The weather does not look bad! Not super warm, but no rain. However, still be prepared with everything you might need, plus plenty of extra clothes and things to keep you warm.

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 De Anza Invite Entries

Name	Running Event	Estimated Scheduled Time
Juliana Banes	VG 4x800m Relay	9:00am
Elina Jalili		
Manasi Prasad		
Mira Ram		
Aidan Cushman-Kihnley	FSB 4x800m Relay A Team	9:16am
Ethan Yang		
Kento Murase		
Alexander Chu		
Isaac Yan	FSB 4x800m Relay B Team	
Booker Vollrath		
Harly Liu		
Soham Beesetti		
Qi Huang	FSB 4x800m Relay C Team	
Brandon Wang		
Sridhar Shivashankar		
Stanley Wang		
Graham Ischo	FSB 4x100m Relay	
Haris Shaikh		
Vivek Chidurala		
Jayden Tang		
Anika Bhandarkar	VG 1600m - Heat 1	10:12am
Madison Polidoro	VG 1600m - Heat 3	10:30am

Megan Nieh	VG 1600m - Heat 4	10:39am
Tanay Parikh	VB 1600m - Heat 1	10:48am
Ryan Liu	VB 1600m - Heat 4	11:15am
Raji Kenyan	VG 100m H - Ht. 3	11:30am
Ethan Zhu	VB 110m H - Ht. 2	11:42am
Andrew Cheng	VB 110m H - Ht. 4	11:48am
Denny Dong	VB 400m - Heat 1	12:09pm
Vivek Chidurala	FSB SMR - Heat 2	12:46pm
Graham Ischo		
Haris Shaikh		
Jayden Tang		
Katie Lee	VG 100m - Heat 1	12:51pm
Jeffrey Song	VB 100m - Heat 4	1:15pm
Ben Chen	VB 100m - Heat 9	1:25pm
Valerie Ayzenberg	VG 800m - Heat 2	1:32pm
Madison Polidoro	VG 800m - Heat 4	1:42pm
Denny Dong	VB 800m - Heat 1	1:52pm
Raji Kenyan	VG 400m H - Ht. 1	2:17pm
Alex Frefel	VB 400m H - Ht. 1	2:26pm
Manas Kottakota		
Ethan Zhu		
Katie Lee	VG 200m - Heat 2	3:31pm
Denny Dong	VB 200m - Heat 1	3:47pm
Ben Chen	VB 200m - Heat 9	4:03pm
Jeffrey Song		

Anika Bhandarkar	VG 3200m	4:05pm
Miranda Hsu		
Margaux Francoeur		
Tanay Parikh	VB 3200m	4:53pm
Andrew Liu		
Manas Kottakota	VB 4x400m Relay	5:36pm
Agasthya Kothuri		
Alex Frefel		
Denny Dong		

↓ **Field Events Below** ↓

Name	Field Event	Scheduled Time of Event
Lauren Moore	VG Long Jump	9:00am
Allie Rummelhoff		
Jasmine Zhao		
Ryan Shen	VB Long Jump	
Agasthya Kothuri		
Ben Chen		
Allie Rummelhoff	VG Shot Put	
Eddie Fan	VB Discus Throw	10:00am
Adam Abdelrahman		
Nate Diaz		
Eddie Fan	VB Shot Put	12:00pm
Adam Abdelrahman		
Nate Diaz		
Allie Rummelhoff	VG Triple Jump	1:00pm
Lauren Moore		
Agasthya Kothuri	VB Triple Jump	2:00pm
Darren Lin		
Ben Chen		
Ryan Shen	VB High Jump	3:30pm

↓ **All meet information below** ↓

9th Annual Cupertino High/De Anza College Invitational

You are invited to the 9th Annual Cupertino High/De Anza College Invitational on Saturday April 6th, 2024

The meet will be held on De Anza College Campus on its 9 Lane Rekortan full pour, state of the art track and field stadium.

General Meet Information

- This meet is a VARSITY MEET with all of the field and track events run that are contested in the CCS meet with the exception of 400 hurdles instead of 300 hurdles, and we will also have Frosh/Soph Relays. Athletes MAY NOT compete in both a varsity event and a Frosh/Soph Relay. Relay member's names will be required in your entries.
- Weigh-Ins for shot and discus will be from 8:00 AM – 9:30 AM.
- This meet will be held rain or shine, no refunds on entry fees.
- Frosh/Soph Relays will be held during the meet at times so Varsity runners may get some extra rest to get better times in second events.

Awards

- Medals will be awarded to the top 3 place winners in each event.
- Trophies or plaques will be awarded to the top Girls and Boys teams.
- Scoring will be 10-8-6-5-4-3-2-1 in each event. FS relays will not count in team scoring.

T-Shirts and Concessions

- A limited number of Cupertino High/De Anza College Invitational t-shirts may be available for sale the day of the meet for \$20 a piece.
- A concession stand will be running throughout the day.

Spectators and Parking

- All vehicles on campus will have to pay \$3 with the exception of Team Buses and School Vehicles.
- There will be a \$5 entry fee for spectators over the age of 10.

Race Day

- An official meet schedule will be sent out by Wednesday or Thursday after event entries are closed. Athletes are required to check in at least 30 minutes prior to the start of the event. If a large number of scratches are occurring, we will try to consolidate heats to keep each event as competitive as possible, but we will stick to the schedule and we will not run ahead.

Field events will check in directly at their event. All athletes must have their shoes with them when checking in to be allowed to compete. No longer than ¼" spikes will be allowed and pyramid and Christmas tree only. NO NEEDLE/PIN spikes!

- All events will be a final only. Field events will get 4 jumps in LJ and TJ; 4 throws in shot put and discus.

- High Jump and Pole Vault Opening heights will be determined by the entries and will be sent out by Wednesday with the official time schedule. We will set it so everyone has a fair chance at making a height within reason.

- All events will be competed under CIF high school rules.

- A certified coach authorized by your school must accompany your athletes at the meet.

- Any adjustments to meet rules based upon entries will be communicated with the schedule update.

- Warm-ups are to be done on the soccer field, not the track infield.

- Electronics are not allowed on the track or infield.

↓ Schedules Below ↓

Running Event Schedule

9:00 AM	VG and FSG 4x800 (1 Heat)	12:45 PM	VG 100 (9 Heats)
	FSB 4x800 (1 Heat)	1:05 PM	VB 100 (9 Heats)
	VB 4x800 (1 Heat)	1:25 PM	VG 800 (5 Heats)
9:40 AM	VG 4x100 (2 Heats)	1:45 PM	VB 800 (5 Heats)
	VB 4x100 (3 Heats)	2:10 PM	VG 400H (3 Heats)
	FSG 4x100 (1 Heats)	2:20 PM	VB 400H (5 Heats)
	FSB 4x100 (2 Heats)	2:35 PM	FSG DMR (1 Heat)
10:05 AM	VG 1600 (4 Heats)	2:55 PM	FSB DMR (1 Heat)
10:40 AM	VB 1600 (4 Heats)	3:15 PM	VG 200 (9 Heats)
11:10 AM	VG 100H (5 Heats)	3:35 PM	VB 200 (9 Heats)
11:30 AM	VB 110HH (5 Heats)	3:55 PM	VG 3200 (1 Heat)
11:50 AM	VG 400 (5 Heats)	4:15 PM	VB 3200 (3 Heats)
12:05 PM	VB 400 (9 Heats)	4:55 PM	FSG 4x400 (1 Heat)
12:35 PM	FSG 800 SMR (1 Heat)		FSB 4x400 (1 Heat)
	FSB 800 SMR (2 Heats)		VG 4x400 (1 Heat)
			VB 4x400 (2 Heats)

↓ **Field Events Below** ↓

Field Event Schedule

*****All Athletes must report at least 30 minutes prior to their field event. We will set flights based on check-ins, with the top flights going first.***

*****For athletes in Shot and Discus we will make efforts to make sure you aren't throwing both events at the same time by adjusting your flight within reason if needed.***

*****Times for VB PV and VG & VB HJ and VG and VB TJ are all approximate times these events will be on a rolling schedule.***

- 9:00 AM VG Pole Vault (Opening Height 7'6")
 VG Long Jump – North Runway (4 Flights)
 VB Long Jump – South Runway (5 Flights)
 VG Shot Put (3 Flights)
- 10:00 AM VB Discus – North Ring (6 Flights)
- 11:00 AM VG Discus – South Ring (4 Flights)
 VB Pole Vault (Opening Height 10'0")
- 12:00 PM VB Shot Put (5 Flights)
- 1:00 PM VG High Jump (Opening Height 4'6")
 VG Triple Jump – North Runway (2 Flights)
- 2:00 PM VB Triple Jump*
 *South Runway (4 Flights) We will move 1-2 Flights over to the South
 Runway after women's TJ ends to speed up
- 3:30 PM VB High Jump (Opening Height 5'6")