

**Monta Vista Track & Field Team 2024**  
**CCS Last Chance Invitational**  
**Saturday, April 13th, 2024**

**Transportation**

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

**Location & Start**

3535 Truman Ave, Mountain View, CA 94040

1pm is the scheduled start time for field events and 2pm is the scheduled start on the track. 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 20 minutes before your track event with the clerk in the tent on the infield!

**Meet Overview**

The weather looks...not great. Not warm, and it's likely going to rain a lot. Be prepared with everything you might need, plus plenty of extra clothes and things to keep you warm and dry as much as possible

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**Act like it's your last chance!**

For many of you, this is going to be your last invite of the season and your last chance to go up against good competition outside of our league. Use this moment to do something special. Make the decision to give it your all and be more aggressive than you think you can. Act like you don't have another chance to run again!

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## Monta Vista's Last Chance Invite Entries

Reference Material: [Meet Program](#)

<b>Name</b>	<b>Running Event</b>	<b>Estimated Scheduled Time</b>
Margaux Francoeur	VG 1600m - Heat 2	2:21pm
Tanay Parikh	VB 1600m - Heat 1	2:30pm
Ethan Zhu	VB 110m H - Heat 2	3:00pm
Alex Frefel	FSB 65m H - Heat 1	3:03pm
Katie Lee	VG 100m - Heat 2	3:32pm
Valerie Ayzenberg	VG 800m - Heat 3	3:56pm
Denny Dong	VB 800m - Heat 1	4:01pm
Manas Kottakota	VB 300m H - Heat 2	4:47pm
Alex Frefel	FSB 300m H - Heat 1	4:50pm
Madi Polidoro	CYD 1600m - Heat 1	4:56pm
Katie Lee	VG 200m - Heat 3	5:27pm
Denny Dong	VB 200m - Heat 1	5:29pm
Anika Bhandarkar	VG 3200m - Heat 1	5:39pm
Miranda Hsu		
Tanay Parikh	VB 3200m - Heat 1	5:55pm
Manas Kottakota	VB 4x400m Relay - Heat 1	6:54pm
Ben Chen		
Agasthya Kothuri		
Denny Dong		

↓ **Field Events Below** ↓

<b>Name</b>	<b>Field Event</b>	<b>Scheduled Time of Event</b>
Clara Fan	VG Triple Jump	1:00pm
Lelani Laruelle		
Dylan Hwang		
Graham Ischo	FSB Shot Put	
Adam Abdelrahman		
Eddie Fan		
Agasthya Kothuri	VB Long Jump	
Ryan Shen	FSB High Jump	
Dayo Davies		
Eddie Fan	FSB Triple Jump	3:00pm
Lelani Laruelle	VB Long Jump	
Dylan Hwang		
Clara Fan		
Agasthya Kothuri	VB Triple Jump	5:00pm
Darren Lin		
Ryan Shen	FSB Long Jump	
Eddie Fan	FSB Discus Throw	
Adam Abdelrahman		
Graham Ischo		

↓ **All meet information below** ↓

Reference Material: [Meet Info Sheet](#)

# CCS Last Chance Track & Field Invitational

Saturday April 13, 2024- Mountain View High School

The Central Coast Section Last Chance meet will provide CCS athletes one last opportunity to improve qualifying marks before we head into the championship season. This will also be one of the last chances for the top Frosh-Soph boys from across CCS to compete against each other. Girls will be combined into one division but will have additional heats or larger flights. We will not offer pole vault at this meet. The Last Chance Invitational will be held at Mountain View High School this year.

**Wheelchair & para ambulatory divisions** will be offered at this meet in 100m, 200m, 400m and shot put. We have a shot put chair available.

**Special event: Can you dip 1600m?:** 1600m race only for boys who have not broken the 5 minute barrier and girls who have not broken the 6 min barrier this season. Hopefully good competition and a crowd cheering can get them there.

**DATE: Saturday, April 13, 2024-** Event schedule attached. Field events starting 1:00PM, track events starting at 2:00PM.

**LOCATION: Mountain View High School 3535 Truman Ave. Mountain View**

You can park along Truman Ave and in the church parking lot across from the track. There is some parking on Oak and Bryant, and there is a lot in the back of the school off of Bryant. Please do not park in the Blue Lake Square residential area across from the track stadium.



## **IMPORTANT INSTRUCTIONS FOR ATHLETES:**

- An alternate list will be posted the week of the meet with live updates as scratches occur. Alternates should check in with the clerk and will be added whenever possible. They should show up at the start of the event in case of very last-minute scratches. Please email any scratches you become aware of before meet day to Jonathan Hubbs ([coachhubbs@gmail.com](mailto:coachhubbs@gmail.com))
- A warm-up area is available on the grass and turf fields next to the track stadium.
- All Running Events - Fast Heat First. Lane assignments will be seeded by best times and marks. No bibs needed for laned events. Hip numbers will be worn for 1600, 800, 3200, and 4x400 relay
- All track athletes must check in at least 20 minutes prior to the event at the clerk tent on the infield. Hip numbers will be given out there for distance events & 4x4
- All field athletes must check in no later than 20 min. prior to the start of the event with the official, even if in flight 2. Flights seeded by best marks. Best marks in flight 2.
- All field event athletes get 4 attempts.
- Implement Weigh-ins will begin at 12:00PM near the shot put area. Implements not making weight will be held until after the event is completed.
- Opening height for HJ will be: VB 5'2", FSB 4'8", VG 4'2"
- Athletes doing a field event and running event at the same time, must tell the field judge when leaving and returning. If not, and their turn is up, they will scratch that attempt. Telling the judge, will allow making up the attempt only if the flight, height, or event is not over.
- Track events will run up to 10 minutes early
- No headphones/electronics or food will be allowed on the infield or track.
- Only coaches and athletes preparing for events should be in the infield area.
- All CIF uniform rules will be enforced.
- There are no dressing rooms or shower facilities. Please come prepared to compete.
- An EMT is available in the tent in the middle of the field.

## **GENERAL INFORMATION:**

- Award medals to top 3 placings in each event
- Scoring is 10-8-6-5-4-3-2-1
- Admission fee: adults \$8, seniors & students \$5, children 12 & under free. Tickets must be purchased on GoFan beforehand or at the gate. Cash will not be accepted. Click here for the link to purchase tickets.
- Timer: Hank Lawson. Live results will be available on: [www.lynbrooksports.com](http://www.lynbrooksports.com)
- EMT will be on site
- T-Shirts will be for sale for \$20; concession stand will be open. Cash or card.
- Parking is available in the main parking lot off of Bryant Ave. There is also parking along Truman Ave and surrounding streets, as well as the church across the street from the track. Please be considerate of our neighbors.

**TIME SCHEDULE: \* Start times may be adjusted slightly closer to the date**

Track Events 2:00 PM start	Field Events starting 1:00PM
<p><b>2:00- 4x100 Relay</b> - Girls 1 heat, VB 1 heat, FSB 1 heat</p>	<p><b>1:00 - Varsity Boys Discus</b></p>
<p><b>2:12- 1600</b> - Girls 1 heat, VB 1 heat, FSB 1 heat</p>	<p><b>1:00 - F/S Shot Put</b></p>
<p><b>2:40- 100 Hurdles</b> - Girls 3 heats</p>	<p><b>1:00 - F/S High Jump (4'8")</b></p>
<p><b>2:49- 110 Hurdles</b> - VB 2 heats</p>	<p><b>1:00 - Girls Triple Jump</b></p>
<p><b>2:55- 65 Hurdles</b> - FSB 2 heats</p>	<p><b>1:00 - Varsity Boys Long Jump</b></p>
<p><b>3:01- 400</b> - Girls 3 heats, VB 2 heats, WC/Amb 1 heat., FSB 2 heats</p>	<p><b>3:00 - Girls Discus</b></p>
<p><b>3:25- 100</b> - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats</p>	<p><b>3:00 - Varsity Boys Shot Put</b></p>
<p><b>3:41- 800</b> - Girls 3 heats, VB 2 heats, FSB 2 heats</p>	<p><b>3:00- Girls High Jump (4'2")</b></p>
<p>----- 15 minute break-----</p>	<p><b>3:00 - F/S Triple Jump</b></p>
<p><b>4:32- 300m Hurdles</b> - Girls 3 heats, VB 2 heats, FSB 2 heats</p>	<p><b>3:00 - Girls Long Jump</b></p>
<p><b>4:53- Special event 1600: Can you dip?</b>- Girls 1 heat, <b>5:10</b> Open Boys 1 or 2 heats</p>	<p><b>5:00 - F/S Discus</b></p>
<p><b>5:19- 200</b> - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats</p>	<p><b>5:00 - Girls Shot Put</b></p>
<p><b>5:35- 3200</b> - Girls 1 heat, VB 1 heat, FSB 1 heat</p>	<p><b>5:00 - Varsity Boys High Jump (5'2")</b></p>
<p><b>6:23- 4x400 Relay</b> - FSB 1 heat, Girls 2 heats, VB 1 heat</p>	<p><b>5:00 - Varsity Boys Triple Jump</b></p>
	<p><b>5:00 - F/S Long Jump</b></p>
	<p><b>VB 20 entries</b></p>
	<p><b>FS 20 entries</b></p>
	<p><b>Girls 20 entries</b></p>
	<p>2 flights of 10</p>
	<p>Top seeds in flight 2</p>