

Monta Vista Track & Field Team 2024
CCS Top 8 Invitational
Saturday, April 20th, 2024

Transportation

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

Location & Start

20 High School Ct, Los Gatos, CA 95030

9am is the scheduled start time for field events and 10:30am 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 (Coach Smith) at the check-in table!

Meet Overview

Weather looks great! Make sure you bring plenty of water and snacks. For a few of you, you'll be there all day.

It really is your last chance (for invites)!

This is going to be the last invite of the season and your last chance to go up against good competition outside of our league until SCVAL and CCS. If you've made it to this meet, it's because you deserve to be there! Don't let the idea of the meet get to your head - use the high level of competition to push you to levels that you know are deep inside!! It will be a great day to compete. Use this moment to do something special. Make the decision to give it your all and be more aggressive than you think you can.

Monta Vista's Top 8 Invite Entries

Reference Material: [Meet Program](#)

Name	Running Event	Estimated Scheduled Time
Anika Bhandarkar	VG 1600m (1st alternate)	10:42am
Tanay Parikh	VB 1600m	10:51am
Ethan Lu	VB 110m H - Heat 2	11:03am
Ethan Zhu	VB 110m H - Heat 3 (1st alternate)	11:06am
Denny Dong	VB Invitational 400m	12:35pm
Denny Dong	VB 800m - Heat 1	1:00pm
Anika Bhandarkar	VG 3200m	1:34pm
Tanay Parikh	VB 3200m	1:50pm
Valerie Ayzenberg	VG 4x800m Relay	2:06pm
Margaux Francoeur		
Miranda Hsu		
Anika Bhandarkar		
Manas Kottakota	VB 4x400m Relay - Heat 1	2:56pm
Ethan Lu		
Agasthya Kothuri		
Denny Dong		

↓ **Field Events Below** ↓

Name	Field Event	Scheduled Time of Event
Clara Fan	VG Long Jump	9:00am
Dylan Hwang		
Clara Fan	VG High Jump	
Lelani Laruelle		
Agasthya Kothuri	VB Triple Jump	After Long Jump
Clara Fan	VG Triple Jump	
Lelani Laruelle		
Dylan Hwang		
Ryan Shen	VB High Jump	After VG High Jump

↓ **All meet information below** ↓

Los Gatos High School Track and Field

2024 Top 8 Classic Instructions

- All athletes, coaches and spectators must have a wrist band at all times. If you break your wrist band you may receive a new one by turning in the busted wrist band at the ticket booth
- Parking—open parking
- Good news.. We are moving the awards to top 6 places. – after the final results are posted—Please all winners head over to the podium for pictures and media interviews. Medals will be available at medal tent.
- Parents will not be permitted inside the track area at any time. Parents may take pictures of the medal ceremony from outside the track area along the black fence at the center of the track.
- We will also have Media present—who may want to interview the Overall winner.
- Results— will be available online within 20-30 minutes after the final heat. We will also attempt to post the results near the concession stand.
- For start of the events and check in—See Clerk of the course at the Goal post.
- We will have a few hurdles set up for the hurdlers to practice.. Do not take the hurdles off the racks.
- We want to keep this meet moving.. Do not camp out or clutter the infield unless you are competing.
- As a courtesy to Coaches—we will Allow 1 Coach on the infield. But keep in mind—if this gets too much clutter – Coaches need to exit the track area at the conclusion of their athletes’ race.
- Do Not ask the Timer for results.
- T- shirt vendors and concession stands will be available.
- We do have a limited number of spikes for sale.
 - –10 for \$5. Required spikes – 3/16 pyramid – same as required by CIF State. Will most likely be at the front gate or clerk of the course.
- Long jump, Triple Jump—we will try to be flexible—we may have to move them along..remember—3 jumps.. Top 8 go to finals and get another 3 jumps.. Overall – best jump out of total 6 will be the winner. Please check with the judge. We will have these results immediately ran over to the timer..
- We will do the same for Shot Put and Discus. We will have these results immediately ran over to the timer.. 3 throws—Top 8 go to Finals.. and get 3 additional throws.. Please check with the judge..
- We will have first aid and trainer on site.
- There will be separate medals for Invite and seeded races.

TOP 8 ORDER OF EVENTS

TRACK EVENTS:

ESTIMATED SCHEDULE *(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)*

10:30AM Seeded 400M RELAY: VG (2H), VB (2H)

10:42AM Seeded 1600M: VG, VB (1H each gender), (16/heat)

11:00AM Seeded 100H/110H: VG (3H), VB (3H)

11:18AM Seeded 400M: VG (2H), VB (2H) (two heats of 8)

11:30AM Seeded 100M: VG (2H), VB (2H) (two heats of 8)

12:00 PM National Anthem

The Invitational athletes are separate from the Seeded athletes!

There will be no substitutes in these events if someone scratches.

12:10 PM Invitational 1600m – 1H VG and VB

12:30 PM Invitational 400m – – 1H VG and VB

12:40PM Invitational 100m – 1H VG and VB

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

12:50PM Seeded 800M: VG (2H), VB (2H)

1:10PM Seeded 300IH: VG (2H), VB (2H)

1:22PM Seeded 200M: VG (3H), VB (3H)

1:34PM Seeded 3200M: VG, VB, (1 Heat each gender) (top 24 – no alternates)

2:06PM Seeded 4x800: VG, VB, (1-2 Heat each gender) (16/H—subject to change)

2:38PM Seeded 1600M RELAY: VB, VG (2 heat gender)

To follow: Coaches Relay- Not timed. Optional

FIELD EVENTS:

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

(20 per event, no alternates)

9AM START

Pole Vault: VG followed by VB

LONG JUMP: VG, followed by VB

TRIPLE JUMP: VB, followed by VG

HIGH JUMP: VG, followed by VB

SHOT PUT: VB, followed by VG

DISCUS: VG followed by VB