



**Monta Vista Track & Field Team 2026**  
**RustBuster Invitational**  
**Saturday, March 7th, 2026**

**Transportation**

YOU are responsible for arranging your transportation to our track on time!

**Location & Start**

Monta Vista High School, 21840 McClellan Rd, Cupertino, CA 95014

8:30am —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**

It's looking like it will be a beautiful day in Cupertino for this meet! Let's make sure that we focus, execute on 1-2 specific things that you've been working on in practice lately, and have a great day. This is an awesome opportunity to get the season started off on the right foot!

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**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 - or even better, a PR!

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## Monta Vista's RustBuster Invite Entries

Boys	Girls
<p><b>Akshat Ambekar - 10</b> FS                    3200 Meters</p> <p><b>Mikhail Bakhtin - 10</b> FS                    Triple Jump FS                    Long Jump</p> <p><b>Jonah Chang - 11</b> V                     400 Meters                    57.63 V-A1                4x400 Relay                    3:39.00 V-A3                4x200 Relay</p> <p><b>Han Chau - 9</b> FS                    65m Hurdles</p> <p><b>Evan Chen - 10</b> FS                    100 Meters FS-A1               4x100 Relay FS-A3               4x200 Relay</p> <p><b>Jeffrey Choy - 10</b> FS-A4               4x400 Relay                    3:40.00 FS                    400 Meters                    54.86 FS-A4               4x200 Relay FS-A4               4x100 Relay</p> <p><b>Constantine Chua - 10</b> FS                    300m Hurdles                44.37 FS                    65m Hurdles                    10.33 FS-A3               4x400 Relay                    3:40.00 FS-A3               4x100 Relay</p> <p><b>Aidan Cushman-Kihnley - 11</b> V                     1600 Meters                    5:43.33</p> <p><b>Ekundayo Davies - 12</b> V                     Long Jump</p> <p><b>Edward (Eddie) Fan - 11</b> V                     Discus V                     Triple Jump V                     Shot Put</p> <p><b>Alex Frefel - 11</b> V                     110m Hurdles V                     300m Hurdles V-Alternate       4x400 Relay                    3:39.00</p>	<p><b>Jiaying (Jia) Bathen - 9</b> FS                    100 Meters FS-A1               4x100 Relay</p> <p><b>Audre Chang - 10</b> FS                    Triple Jump</p> <p><b>Marissa Chang - 10</b> V-A2                4x100 Relay V                     100 Meters</p> <p><b>Sydney Chee - 10</b> FS                    Long Jump FS-A3               Mixed 4x200 Relay</p> <p><b>Noemi Condon - 10</b> FS-A3               4x100 Relay FS                    High Jump</p> <p><b>Zeynep Dogan - 9</b> FS-Alternate     4x400 Relay FS                    800 Meters</p> <p><b>Nishi Doshi - 9</b> FS                    100 Meters</p> <p><b>Josephine (Josie) Gan - 9</b> FS                    100 Meters</p> <p><b>Sofia Grigolia - 10</b> V                     100 Meters V-A4                4x100 Relay</p> <p><b>Miranda Hsu - 11</b> V                     3200 Meters</p> <p><b>Naomi Hsu - 11</b> V                     3200 Meters</p> <p><b>Eva Huang - 9</b> FS                    1600 Meters</p> <p><b>Evelynn Hufnagel - 9</b> FS                    High Jump FS-A1               Mixed 4x200 Relay</p> <p><b>Navya Kari - 9</b> FS                    100m Hurdles</p>

<b>Tarun Gandhi - 10</b>			
FS-A2	4x400 Relay	3:40.00	
FS-A1	4x800 Relay		
<b>Bryson Hadfield - 10</b>			
FS-Alternate	Mixed 4x200 Relay		
<b>Samuel Heinonen - 10</b>			
FS-A3	4x800 Relay		
<b>Adarsh Inampudi - 11</b>			
V	High Jump		
<b>Leo Jayasena - 9</b>			
FS	400 Meters	1:04.80	
FS-A2	Mixed 4x200 Relay		
<b>Kingston Jourdan - 12</b>			
V	100 Meters		
V	Shot Put		
<b>Agasthya Kothuri - 12</b>			
V	Long Jump	20' 4"	
V	Triple Jump		
V-A3	4x400 Relay	3:39.00	
<b>Aditya Krishna - 11</b>			
V	400 Meters	1:07.89	
<b>Kavyansh Kumawat - 10</b>			
FS	800 Meters		
<b>Sihoon Lee - 9</b>			
FS	800 Meters		
<b>Vikram Mallya - 10</b>			
FS	800 Meters		
<b>Carter Miller - 10</b>			
FS-Alternate	4x100 Relay		
FS-Alternate	4x200 Relay		
FS- <b>Back up</b>	100 Meters		
<b>Kento Murase - 11</b>			
V-A2	4x400 Relay	3:39.00	
V-Alternate	4x200 Relay		
V	400 Meters	58.55	
<b>Aric Obaidur - 10</b>			
FS	1600 Meters		
<b>Jimin Park - 9</b>			
FS	3200 Meters		
<b>Ellie Kong - 9</b>			
FS	100m Hurdles		
FS-A4	4x100 Relay		
FS	300m Hurdles		
FS	Triple Jump		
<b>Stella Kougiouris - 9</b>			
V	100 Meters		
V-A1	4x100 Relay		
<b>Sarah Kumar - 9</b>			
FS	400 Meters		
<b>Caroline Labudde - 9</b>			
FS-Alternate	Mixed 4x200 Relay		
FS-A2	4x100 Relay		
FS	Long Jump		
FS	100 Meters		
<b>Lelani Laruelle - 12</b>			
V	Long Jump	16' 7"	
V	High Jump	5' 6"	
V-A3	Mixed 4x200 Relay		
<b>Zoe Laruelle - 12</b>			
V-A1	Mixed 4x200 Relay		
<b>Sophia Li - 9</b>			
V-A1	4x800 Relay		
FS-A3	4x400 Relay		
<b>Kaitlyn Lum - 9</b>			
V-A2	4x800 Relay		
FS-Alternate	4x400 Relay		
FS	800 Meters		
<b>Rafaela Maglaque - 11</b>			
V	High Jump		
<b>Myra Mishra - 10</b>			
V-A3	4x800 Relay		
FS	800 Meters		
FS-A2	4x400 Relay		
<b>Lauren Moore - 12</b>			
V	Long Jump		
V	Triple Jump		
<b>Meyra Olcay - 11</b>			
V	Shot Put		
V	Discus		
<b>Taylor Orr - 9</b>			
FS	1600 Meters		

<b>Oliver Perrault - 9</b> FS 1600 Meters		
<b>Soma Pujara - 9</b> FS 3200 Meters		
<b>Arjun Rayankula - 9</b> FS 100 Meters FS-A4 Mixed 4x200 Relay		
<b>Aaryan Samanta - 10</b> FS 100 Meters FS-Alternate 4x400 Relay FS-Alternate 4x100 Relay FS-A2 4x200 Relay	3:40.00	
<b>Maximilian Shaykin - 11</b> V 100 Meters V-A1 4x100 Relay V-A4 4x200 Relay		
<b>Ryan Shen - 12</b> V-A2 Mixed 4x200 Relay V High Jump V Long Jump	6' 6" 23' 7.75"	
<b>Ritik Shenoy - 10</b> FS-A2 4x800 Relay		
<b>Ivan Shilakhov - 11</b> V 400 Meters V-A4 4x400 Relay V-A3 4x100 Relay	3:39.00	
<b>Jayden Tang - 12</b> V-A4 4x100 Relay V 100 Meters V-A4 Mixed 4x200 Relay	10.88	
<b>Jake Tong - 11</b> V-A2 4x100 Relay V 100 Meters V-A1 4x200 Relay		
<b>Brandon Wang - 12</b> V 1600 Meters	6:07.69	
<b>Yibo Wang - 10</b> FS 100 Meters FS Long Jump FS-A1 4x200 Relay FS-A2 4x100 Relay		
<b>Suhani Pahuja - 12</b> V 3200 Meters		
<b>Alexandra Perrault - 10</b> FS-A4 4x400 Relay FS 1600 Meters		
<b>Allie Rummelhoff - 11</b> V Triple Jump V Discus V Shot Put V Long Jump	34' 0" 99' 7" 35' 10" 14' 9"	
<b>Medha Rustagi - 10</b> FS 800 Meters	3:15.93	
<b>Ritika Sane - 9</b> FS Discus FS Shot Put		
<b>Alex Sharma - 12</b> V Shot Put V Discus	21' 1"	
<b>Vishakha Shastri - 10</b> V-A4 4x800 Relay FS-A1 4x400 Relay FS 800 Meters		
<b>Tahlia Tashjian - 10</b> V-A3 4x100 Relay V 100 Meters		
<b>Ashley Ten - 10</b> FS Long Jump FS Discus FS Shot Put		
<b>Mya Vu - 9</b> FS-A5 4x100 Relay		
<b>Jasmine Zhao - 11</b> V Triple Jump V High Jump		
<b>Melinda Zhao - 10</b> FS 1600 Meters		

<b>Aiden White - 10</b>		
FS	1600 Meters	5:50.16
FS-Alternate	4x800 Relay	
<b>Riu Yamada - 10</b>		
FS-A4	4x800 Relay	
FS	800 Meters	
FS-A1	4x400 Relay	3:40.00
<b>Adam Yang - 10</b>		
FS	Long Jump	
FS	Triple Jump	
<b>Ethan Yang - 12</b>		
V	800 Meters	
V	Triple Jump	
V	1600 Meters	5:13.45
<b>Darin Young - 9</b>		
FS	1600 Meters	
FS-Alternate	4x800 Relay	
<b>Richie Yu - 11</b>		
V-Alternate	4x100 Relay	
V-A2	4x200 Relay	
<b>Zhengyin (Leon) Zhu - 9</b>		
FS	800 Meters	

## ESTIMATED Schedule of Our Event Entries

Name	Event	<b>ESTIMATED</b> Time of Event
Track Events		
Akshat Ambekar Jimin Park Soma Pujara	FSB 3200m	8:30am (Scheduled start - first race)
Navya Kari - H3 Ellie Kong - H3	FSG 100m Hurdles	8:46am
Alex Frefel - H3	VB 110m Hurdles	9:10am
Constantine Chua - H1 Han Chau - H3	FSB 65m Hurdles	9:13am 9:19am
Sophia Li Kaitlyn Lum Myra Mishra Vishakha Shastri	Girls' 4x800 (Combined)	9:22am
Tarun Gandhi Ritik Shenoy Sam Heinonen Riu Yamada Aiden White - alternate Darin Young - alternate	Boys' 4x800 (Combined)	9:38am
Jia Bathen Caroline Labudde Noemi Condon Ellie Kong Mya Vu - alternate	FSG 4x100	9:54am
Evan Chen Yibo Wang Constantine Chua Jeffrey Choy Aaryan Samanta - alternate Carter Miller - alternate	FSB 4x100 - H2	10:03am
Stella Kougiouris Marissa Chang Tahlia Tashjian Sofia Grigolia	VG 4x100	10:06am

Max Shaykin Jake Tong Ivan Shilakhov Jayden Tang Richie Yu - alternate	VB 4x100 - H2	10:18am
Eva Huang Taylor Orr Alex Perrault Melinda Zhao	FSG 1600	10:21am
Aiden White Aric Obaidur Oliver Perrault Darin Young	FSB 1600	10:39am
Ethan Yang Aidan Cushman-Kihnley Brandon Wang	VB 1600	11:24am
Medha Rustagi Zeynep Dogan Kaitlyn Lum Myra Mishra Vishakha Shastri	FSG 800	11:51am
Kavyansh Kumawat Sihoon Lee Vikram Mallya Riu Yamada Leon Zhu	FSB 800	12:06am
Ethan Yang	VB 800	12:31am
Jia Bathen - H4 Nishi Doshi - H5 Josie Gan - H4 Caroline Labudde - H5	FSG 100	12:56pm
Evan Chen - H6 Arjun Rayankula - H6 Aaryan Samanta - H6 Yibo Wang - H6 (Carter Miller on stand by)	FSB 100	1:06pm

Marissa Chang - H4 Sofia Grigolia - H4 Stella Kougiouris - H4 Tahlia Tashjian - H4	VG 100	1:28pm
Jayden Tang - H1 Kingston Jourdan - H7 Max Shaykin - H7 Jake Tong - H6 (Richie Yu on stand by)	VB 100	1:32pm
Sarah Kumar - H2	FSG 400	1:49pm
Jeffrey Choy - H1 Leo Jayasena - H3	FSB 400	1:58pm
Jonah Chang - H3 Kento Murase - H3 Aditya Krishna - H3 Ivan Shilakhov - H4	VB 400	2:22pm
Miranda Hsu Naomi Hsu Suhani Pahuja	Girl's 3200 (Combined)	2:40pm
Ellie Kong - H3	FSG 300m Hurdles	3:02pm
Constantine Chua - H1	FSB 300m Hurdles	3:17pm
Alex Frefel - H3	VB 300m Hurdles	3:26pm
Yibo Wang Aaryan Samanta Evan Chen Jeffrey Choy Carter Miller - alternate	FSB 4x200	3:39pm
Jake Tong Richie Yu Jonah Chang Max Shaykin Kento Murase - alternate	VB 4x200	3:49pm

V - Zoe Laruelle V - Ryan Shen V - Lelani Laruelle V - Jayden Tang FS - Evie Hufnagel FS - Leo Jayasena FS - Sydney Chee FS - Arjun Rayankula	Mixed 4x200	3:59pm
Vishakha Shastri Myra Mishra Sophia Li Alex Perrault Kaitlyn Lum - alternate Zeynep Dogan - alternate	FSG 4x400	4:15pm
Riu Yamada Tarun Gandhi Constantine Chua Jeffrey Choy Aaryan Samanta - alternate	FSB 4x400	4:24pm
Jonah Cheng Kento Murase Agasthya Kothuri Ivan Shilakhov Alex Frefel - alternate	VB 4x400	4:42pm
Field Events		
Eddie Fan Kingston Jourdan	VB Shot Put	8:30am
Allie Rummelhoff Meyra Olcay Alex Sharma	VG Discus	8:30am
Sydney Chee Caroline Labudde Ashley Ten	FSG Long Jump	8:30am
Eddie Fan Agasthya Kothuri Ethan Yang	VB Triple Jump	8:30am
Ritika Sane Ashley Ten	FSG Discus	10:00am

Lelani Laruelle Allie Rummelhoff Lauren Moore	VG Long Jump	10:00am
Mikhail Bakhtin Adam Yang	FSB Triple Jump	10:00am
Lelani Laruelle Rafa Maglaque Jasmine Zhao	VG High Jump	10:00am
Allie Rummelhoff Alex Sharma Meyra Olcay	VG Shot Put	11:30am
Eddie Fan	VB Discus	11:30am
Ryan Shen Agasthya Kothuri Dayo Davies	VB Long Jump	11:30am
Adure Chang Ellie Kong	FSG Triple Jump	11:30am
Noemi Condon Evie Hufnagel	FSG High Jump	11:30am
Ritika Sane Ashley Ten	FSG Shot Put	1:00pm
Misha Bakhtin Yibo Wang Adam Yang	FSB Long Jump	1:00pm
Allie Rummelhoff Lauren Moore Jasmine Zhao	VG Triple Jump	1:00pm
Ryan Shen Adarsh Inampudi	VB High Jump	1:00pm

↓ **All meet information below** ↓

# The Tenth Annual RustBuster Invitational

## Saturday, March 7, 2026

### Meet Details

There is an opportunity for additional entries, space permitting on the day of the RustBuster, in addition to each school's allocated entries. The procedure for additional athletes to be entered on the day of the meet is described below in the sections on Reporting to Events. There is no additional cost to the schools for these additional entries. In the past, we have been able to accommodate most additional entries on the day of the meet. We will add as many athletes as we can without increasing the number of heats.

**Bibs and Bib Numbers:** All athletes will be issued a RustBuster bib. The bib number is how we track times/marks and score athletes; please make sure that all athletes have and wear their bibs! (Also they will be nice souvenirs; how many high school track meets have bibs?)

**Warm Up:** The discus is thrown in the center of our track oval, so warm-up space is limited to our lower fields. The lower (softball and soccer) fields will be available for warm up, however there will be a baseball game on the baseball field during RustBuster. Due to the limited space, care must be taken with your warm-ups. Practice hurdles will be available. We want this to be a safe and fun event. **The football field will only be available for athlete staging on the south half of the field (closest to the high jump). Please do not cross the 50 yard line!** We will ask people that are hanging out on the field to leave for the stands, or get to work moving hurdles! And speaking of hurdles...please remind your athletes that if they do move a hurdle that has been staged for a race (any of the purple ones), to please return that hurdle when they are done!

**Timing Area:** Please, all coaches and athletes, stay away from the timing area! We will post your results shortly after your event is completed. We know after a race, everyone wants to know how they did. The less distraction the timer has, the faster they can do their job to get you the information you're looking for.

# Reporting to Events

**/Field Athletes:** Field event athletes will report and check in at their pit or ring - do this early!

**/Distance Athletes:** For events above and including 800m, all athletes will check in directly with the Clerk of the Course when their event is called. **There is no check-in table.** We will split up heats as per who is actually in attendance, to be the most competitive and most efficient. Marks are recorded cross-country style; as they finish we will record their bib numbers and match the bibs to finish times. If any school would like to add an athlete in addition to the four entries, have the extra athlete report to the start area and if we can add the athlete without increasing the number of heats, we will do so.

**/Sprints and Hurdles:** After all entries are submitted, we will calculate the number of heats needed for each event-division. Please make sure your fastest athletes are available to run in the first or second heat. We will try to enter at least one athlete from each school in these first 2 heats. It will be your athlete's responsibility to be available in the proper heat. After the first 2 heats are seeded, all remaining entries will be assigned to heats from fastest to slowest.

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. The Clerk of the Course will call names to identify any athletes who are not present or who have scratched out. The Clerk will then reassign athletes on the fly to reduce the number of heats, if possible. If the athlete is competing in a field event during the heat assignments, they may have a coach or teammate represent them; the proxy should know the athlete's bib number (Proxy says: "Joe Schmo, bib 101 is at shot put but will be racing.") Also, if a school is substituting one athlete for a previously entered athlete, they can make the substitution at this time ('Tori Bowie, bib 201 from Milpitas will not be running in heat 2, lane 4. Allyson Felix, bib 202, will be replacing her.')

If any school would like to add an athlete in addition to the four entries, have the extra athlete report to the start area. If we can add the athlete without increasing the number of heats, we will do so.

**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.

There will be a limited number of meet day additions, beyond the number of athletes allowed for each team or entries. We will attempt to fill up the last heat of every running event; for example, if the FSG is allocated 7 heats, the first six heats are filled, and there are four athletes in heat 7, the starting clerk will announce, 'we have four positions remaining in heat 7, is there anyone here interested in running in this heat?' and attempt to fill in this heat. So if any team has athletes interested in running an event beyond the four positions allocated to each team, have the additional athletes come to the start area when the announcement is made, and they may get a spot in the final heat. First come, first served!

**Field Events:** 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. The event judge will be allowed to set flexible rules for checking out and back in. There will be no formal check out procedures for field events. Based on the judge's rule set for the time allowed for their flight, it will be the athlete's responsibility to decide when to leave for any other event, and to return and get back in line to complete their remaining attempts. We are trying to move quickly; the athlete will have to be responsible and return as soon as possible. Details will be determined by the judge assigned and explained to the athletes at the pre-event check in.

Throwing implements will be certified prior to competition; the RustBuster will be compliant with NFHS rules. There will be a table set up between the Shot and Discus rings for certification. Please get your implement certified as soon as you arrive at the track. To allow for warm up throws, please certify your implements at least 30 minutes before the event.

Wind readings will be recorded for horizontal jumps, making the RustBuster NFHS compliant. Please say thank you to the volunteers calling out the wind readings, and please don't give them a hard time if your reading is over the limit; sitting all day taking wind measurements is a tedious job. Let's appreciate their efforts. please. There have been instances in the

past where coaches and athletes have complained about the exact moment that the volunteer pushed the button to take a reading. If there is an issue, please bring your concerns to the meet director. It's not the time or place to argue with the volunteer. As many of the athletes are learning, the volunteer may be too. Let make this a positive learning experience so everyone to get what they need.

### **High jump starting heights will be as follows:**

- Varsity boys, 5'2"; frosh-soph boys, 4'6";
- varsity girls, 4'2"; JV girls, 3'6".

It is important to note once the height is set, the bar cannot be moved until the next height is earned. It's important for all athletes to be mindful of their time away from the high jump area to make sure the event is completed within a reasonable amount of time. ***Athletes must be at their field event and will be released to participate on the track.***

**Team Scoring:** Scoring will be NFHS rules for 8 athletes scoring; 10-8-6-5-4-3-2-1. In the event of a tie for team champion, the tie will be broken by the 4x400m results.

**Awards:** Medals will be awarded for the top Six (6) places for individual events and top Four (4) places for relays (four medals per team). After results have been posted on the A-frames, athletes can come pick up medals from the medals table. Team trophies will be awarded to the top team in each of the four divisions. We will also present an award for the top overall boys' and girls' teams combining points for Frosh/Soph and Varsity.

**Admission:** This year, we are not going to charge admission. If we break even financially, we will continue this practice in the future.

**Meet T-Shirts:** There will be RustBuster t-shirts for sale. There will be a limited number as we never have a good idea of what the demand will be, so please let your athletes know that if they are interested in a meet t-shirt—please purchase their shirts early in the day, before we run out!

**Trainer:** We will have our trainer available at the meet to help treat your athletes (but not for things like pre-event taping; please be prepared to support your athletes on-going issues, blisters, etc).

## Event Start Times on Rolling Schedule

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

The order for all track events will be FSG, FSB, VG, VB except the hurdle events or as otherwise noted. Due to the loss of warmup space, adjustments may be made to race start times to allow for adequate warmup time.

**First Race – 8:30am: First 3 events be ready to go by 8:15am!**

3,200m (FSB)

High Hurdles (FSG-VG-VB-FSB @ 65m)

4x800m Relay (Girls' Combined - Boys' Combined)

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 – VG – FSB - VB)

4x200m (FSG – FSB – VG - VB) + Mixed Gender.

3200m (VB)

4x400m Relay (FSG – FSB – VG - VB)

## RustBuster Field Events

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

	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 from either:

**7:45 - 8:15am, 9:30 - 9:45am or 11:00 - 11:15am**

Weigh-in is near the throwing rings.

Throws and horizontal jumps will have 4 attempts. There are no additional attempts/flights.

For Results  
Scan Code

