

Monta Vista: Where it is always a great day to race!

The RustBuster

Rolling Schedule/Listen for Announcements/Check in at Event/Report Early!

9am: High Hurdles (VG-FSG-VB-FSB)

4x800 Relay (VG and FSG then VB and FSB)

4x100m Relay (VG-VB-FSG-FSB)

1600m (VG-VB-FSG-FSB)

100m (VG-VB-FSG-FSB)

3200m FSB

400m (VG-VB-FSG-FSB)

800m (VG-VB-FSG-FSB)

3200m VG and FSG together

300m Hurdles (VB-FSB-VG-FSG)

Sprint Medley (VG-VB-FSG-FSB)

3200m VB

4x400m Relay (FSG-FSB-VG-VB)

Welcome to the Monta Vista High School Track:

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8:30a 10:00a 11:30a 1:00p

Shot	VB	FSB	VG	FSG
Disc	VG	FSG	VB	FSB
LJ	VG	FSG	VB	FSB
TJ	VB	FSB	VG	FSG
HJ	FSB	VG	FSG	VB

All throwing implements must be inspected prior to competition. This is a certified meet. Please bring your throwing implements to be inspected from either 8:00-8:15am, 9:30-9:45am or 11:00-11:15am near the throwing rings.