

9th Annual RustBuster Invitational



The Ninth Annual RustBuster Invitational
Saturday, March 1, 2025

Location & Start Time:

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

If you are in an 8:30am flight for a field event, be at the school **no later than 7:30am** to warm up fully and get your marks/weigh implements. If you are in the FS boys 3200, be at the track **no later than 7:45am** to properly warm up. Everyone else, be there **by 8:00am** to help set up!

Meet Overview:

This is the first real competition for the season - be competitive and give what you have! However, realize that we've a long season ahead of us and the goal is that we are at our best selves for leagues. There's going to be a lot going on and your coaches are going to be busy ensuring that the meet is running smoothly. **Look to your captains and upperclassmen** for help if you are confused or don't know where to go - do not wait until the last minute to ask questions because you will end up missing your event! When you are not competing, find someone to help and/or cheer on your teammates - we should be the most helpful and loudest team at this meet!

3 Things to Focus on at RustBuster

1. **Positive Mental Attitude** - "This is a GREAT day to compete!!" This is a starting point for the season and I do not expect PRs - I expect to see hungry competitors! Don't let your times or marks get you down and focus on competing to the best of your ability because it's all about the day.
 2. **We are a Team** - High school track & field is a team sport, so treat it as such! Go cheer on your teammates in the throws, the jumps, and on the track. Congratulate them after their event and let them know you actually care! Trust me, you will all be better competitors knowing everyone else with MV on their shirt is in your corner.
 3. **Gratitude** - Be thankful that you have this opportunity to compete! Don't only keep that thankfulness in your head though - go thank an official, a coach, a volunteer for making this meet possible.
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HEAT SHEET/Lane assignments (subject to changes!):

<https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2025/rb-pgm.htm>

Live Results:

https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2022/CurrentMeet/Track_Field.htm

Event Start Times on Rolling Schedule

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

Event entries for Monta Vista athletes:

https://drive.google.com/file/d/1QKDK4oKAAKRv3pm8QBtqGmx7J_Rgp6kh/view?usp=sharing

Track Events

First race will start at **8:45am**

All other times below are ESTIMATES!

8:45am	3,200m* (FSB)
~9:00am	———— High Hurdles* (FSG – VG – VB – FSB 65m)
~9:30am	———— 4x800m Relay* (FSG – FSB – VG – VB)
~9:50am	———— 4x100m Relay (FSG – FSB – VG – VB)
~10:05am	———— 1,600m (FSG – FSB – VG – VB)
~11:15am	———— 800m (FSG – FSB – VG – VB)
~12:00pm	———— 100m (FSG – FSB – VG – VB)
~12:50pm	———— 400m (FSG – FSB – VG – VB)
~1:40pm	———— 3,200m (FSG and VG together)
~2:00pm	———— 300m Hurdles (FSG – VG – FSB – VB)
~2:20pm	———— Sprint Medley [100m-100m-200m-400m] (FSG – FSB – VG – VB)
~2:45pm	———— 3,200m (VB)
~3:00pm	———— 4x400m Relay (FSG – FSB – VG – VB)

Field Events

	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 in one of the time blocks below. Weigh-in is near the throwing rings.

8:00 - 8:15am

9:30 - 9:45am

11:00 - 11:15am

Reporting to Events

/Field Athletes: Field event athletes will report and check in at their pit or ring.

/Distance Athletes: For the 800m and longer events, all athletes will report when their event is called. We will quickly divide the athletes into heats. As athletes finish, we will record their bib numbers and match the bibs to finish times.

/Sprints and Hurdles: 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. If the athlete is competing in a field event during check in, they may have a coach or teammate represent them; they should know the bib number.

/Relays: All four relay members should report to the start area when the relay event is called.

/Scratches/Substitutions/Additions: If you need to scratch from a sprint or hurdles event, find Coach Smith and let him know. Athlete substitutions are allowed in any event, have the replacement come to the start line area as early as possible and find Coach Smith - the replacement must have a bib number! Field events will be substituted at each field event.

Other Notes

Field Event Notes:

Long Jump, Triple Jump, Shot Put and Discus will get four attempts. The judges will run check in/check out procedures at their discretion — be sure to communicate early and clearly with judges if you have other events to report to.

High jump starting heights will be as follows:

- Varsity boys, 5'2"; Frosh/Soph boys, 4'6"
- Varsity girls, 4'2"; Frosh/Soph girls, 3'6"

Warm Ups:

The lower (baseball/softball) fields will be available for warming up. Practice hurdles will be available. Since the discus is thrown on the field in the center of our track oval, we have to make sure we stay completely away from that half of the field. **DO NOT GO NEAR THE FLAGS MARKING THAT AREA OFF.** Please remember that if you do move a hurdle that has been staged for a race, please return that hurdle when they are done! Ask Coach Tyler if you have questions about using hurdles to warm up with.

Timing Area:

Please 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.