

Monta Vista Track & Field Team 2025
Firebird Relays Invitational
Saturday, March, 22nd, 2025



Transportation

YOU are responsible for arranging your transportation to Fremont High School, on time!

Location & Start

575 W Fremont Ave, Sunnyvale, CA 94087

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

This is a really fun meet! You can combine scores with your teammates to form the “relays” and earn extra medals outside of your individual placement. It’s also just a big meet with a lot of competition. It will be a long day though, so plan accordingly. Let’s try to stay off of our feet in between events if you have multiple that you are doing throughout the day. This is a huge energy waster, standing/walking around for hours (trust me, that’s what I do all day at track meets and my legs are zapped afterwards!).

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!

Monta Vista's Firebird Invite Entries

Meet Program:

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

Name	Event	Scheduled Time of Event
Track Events		
Raji Kenyan	VG 100m H - heat 1, ln 8	8:30am
Constantine Chua	FSB 65m H - heat 1, ln 3	9:00am
Aidan C-K	FSB 1600m (maybe heat 2)	9:27am
Anika Bhandarkar	VG 1600m - heat 1	9:45am
Manasi Prasad	VG 1600m (maybe heat 2)	9:54am
Siran Gao		
Hemani Kamarshi		
Tanay Parikh	VB 1600m - heat 1	10:03am
Ethan Yang		
Soham Beesetti	VB 1600m (maybe heat 2)	10:12am
Viha G, Sofia G, Allie R, Felicity C	FSG 4x100m Relay - h1, ln4	10:21am
Jeffrey C, Constantine C, Aaryan S, Ekaagar C Alt.: Rohan A	FSB 4x100m Relay - h1, ln2	10:24am
VB: Justin Y, Ethan Y, Ryan L, Soham Beesetti FSB: Tarun G, Jeffrey C, Sam H, Riu Y	Combined Boys Distance Medley Relay	11:12am
Jeffrey Choy	FSB 400m - heat 2, ln 2	12:15pm
Aaryan Samanta	FSB 400m - heat 3, ln 5	12:18pm
Jonah Chang	FSB 400m - heat 4, ln 4	12:21pm

Micah Leong	FSB 400m - heat 5, ln 4	12:24pm
Hemani Kamarshi	VG 400m - heat 3, ln 8	12:36pm
FSB: Tarun G, Kento M, Sam H, Riu Y	Combined Boys 4x800m Relay	1:16pm
Viha Gopalan	FSG 100m - heat 3, ln 7	1:36pm
Sofia Grigolia	FSG 100m - heat 6, ln 8	1:42pm
Aarayn Samanta	FSB 100m - heat 2, ln 2	1:48pm
Rohan Agarwal	FSB 100m - heat 6, ln 6	1:56pm
Ekaagar Chawla	FSB 100m - heat 7, ln 6	1:58pm
Jonah Chang	FSB 100m - heat 9, ln 3	2:02pm
Katie Lee	VG 100m - heat 2, ln 2	2:06pm
Jayden Tang	VB 100m - heat 1, ln 8	2:18pm
Aidan C-K	FSB 800m	2:46pm
Kento Murase	FSB 800m	2:46pm
Hemani Kamarshi	VG 800m	3:01pm
Tanay Parikh	VB 800m - heat 1	3:11pm
Soham Beesetti	VB 800m (maybe heat 2)	3:16pm
Justin Yaung	VB 800m (maybe heat 3)	3:21pm
Sola Nojima		
Raji Kenyan	VG 300m H - heat 2, ln 4	3:38pm
Andrew Cheng	VB 300m H - heat 4, ln 7	4:05pm
Anika Bhandarkar	Combined Girls 3200m	4:38pm
Melinda Zhao		
Naomi Hsu		
Medha Rustagi		
Vikram Mallya	FSB 3200m	5:26pm

Aarayn S, Jeffrey C, Constantine C, Riu Y	FSB 4x400m relay heat 1, ln 5	5:51pm
Field Events		
Eddie Fan	VB Triple Jump - open pit	8:30am
Agasthya Kothuri		
Ryan Shen		
Darren Lin		
Lauren Moore	VG Long Jump - open pit	
Dylan Hwang		
Clara Fan		
Lelani Laruelle		
Micah Leong	FSB High Jump - open pit	8:30am
Alex Sharma	VG Shot Put	
Clara Fan		
Gillie Ross		
Graham Ischo	VB Discus Throw	
Eddie Fan		
Adam Abdelrahman		
Jasmine Zhao	FSG High Jump - open pit	10:30am
Eddie Fan	VB Shot Put	11:00am
Graham Ischo		
Adam Abdelrahman		
Alex Sharma		
Gillie Ross		
Agasthya Kothuri	VB Long Jump - open pit	11:30am
Dayo Davies		

Darren Lin	VB Long Jump - open pit	11:30am
Ryan Shen		
Ryan Shen	VB High Jump - open pit	12:00pm
Agasthya Kothuri		
Darren Lin		
Dayo Davies		
Lauren Moore	VG Triple Jump - open pit	1:00pm
Zoe Laruelle		
Dylan Hwang		
Clara Fan		
Rohan Agarwal	FSB Discus Throw	2:00pm
Allie Rummelhoff	FSG Shot Put	2:30pm
Sofia Grigolia	FSG Long Jump - open pit	
Rafaela Maglaque		
Jasmine Zhao		
Viha Gopalan		
Rafaela Maglaque	FSG Triple Jump - open pit	3:00pm
Jasmine Zhao		
Viha Gopalan		
Allie Rummelhoff		
Dylan Hwang	VG High Jump - open pit	
Clara Fan		
Lelani Laruelle		
Rohan Agarwal	FSB Long Jump - open pit	4:30pm
Rafaela Maglaque	FSG Discus Throw	

Jasmine Zhao	FSG Discus Throw	4:30pm
Allie Rummelhoff		

↓ **All meet information below** ↓

General Meet Information

- Running events begins at 8:30am
- Field Events begin at 8:30 am
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may only compete in one division
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$5.00 per adult, \$2.00 per student
- T-Shirts and concessions on sale

Awards

- Medals for top 6 individual places (for 100, 400, 800, 1600), top 3 in events where times/marks are added together to comprise relays (school must have at least three competitors in the event to constitute a field event team-combination relay)
- Meet trophy for team with most points for all four combined divisions (must score in each division)

Track & Field Events

scheduled time and order, 8:30 start

- The 1st half of the track events will run by the scheduled time on final heat sheet program, then by ROLLING SCHEDULE
- Detailed Time table will be added by Friday 3/21, after all entries have heats & flights
 1. 100m/110m/65m Hurdles 8:30
 - a. VG 100mH
 - b. FSG 100mH
 - c. VB 110Mh
 - d. FSB 65mH
 2. 1600m run
 - a. FSG 1600m
 - b. FSB 1600m
 - c. VG 1600m
 - d. VB 1600m
 3. 4x100m Relay
 - a. FSG 4X100m
 - b. FSB 4X100m
 - c. VG 4X100m
 - d. VB 4X100m
 4. Distance Medley Relay (1200m, 400m, 800m, 1600m)
 - a. All Girls DMR
 - b. All Boys DMR

5. 400m run
 - a. FSG 400m
 - b. FSB 400m
 - c. VG 400m
 - d. VB 400m
6. 4x800m Relay
 - a. All Girls 4X800m
 - b. All Boys 4X800m
7. 100m dash (Each team gets at least 1 competitor, then seed rank will fill out 96 total competitors)
 - a. FSG 100m
 - b. FSB 100m
 - c. VG 100m
 - d. VB 100m
8. 800m run
 - a. FSG 800m
 - b. FSB 800m
 - c. VG 800m
 - d. VB 800m
9. 300IH (scoring 3-deep total time for relay)
 - a. FSG 300mH
 - b. VG 300mH
 - c. FSB 300mH
 - d. VB 300mH
10. Speed Medley Relay (100, 100, 200, 400) (replaces 200m and 4x200m relay)
 - a. FSG SMR
 - b. FSB SMR
 - c. VG SMR
 - d. VB SMR
11. 3200M run
 - a. VG & FSG
 - b. VB
 - c. FSB
12. 4x400m relay
 - a. FSG 4X400m
 - b. FSB 4X400m
 - c. VG 4X400m
 - d. VB 4X400m

Field Events - Estimated Schedule

(Field event limit of 4 competitors per school per division (replacements can be written in with event official, but may delay over-all results on Athletic.Net). 3-top competitors per team comprise field event relay)

1. High Jump (open pit duration per division, estimated start times below, may change once entries are in)
 - a. 8:30 – FSB HJ, start at 4'04"
 - b. 10:30 – FSG HJ, start at 3'04"
 - c. 12:00 – VB HJ, start at 4'10"
 - d. 3:00 – VG HJ, start at 3'10"
2. Shot Put (estimated start times below, may change once all entries are in)
 - a. 8:30 – VG SP
 - b. 11:00 – VB SP
 - c. 2:30 – FSG SP
 - d. 4:30 – FSB SP
3. Triple jump (open pit per division, estimated start times below, may change once all entries are in)
 - a. 8:30 – VB TJ
 - b. 11:00 – FSB TJ
 - c. 1:00 – VG TJ
 - d. 3:00 – FSG TJ 4.
4. Discus (estimated start times below, may change once all entries are in)
 - a. 8:30 – VB Disc
 - b. 11:00 – VG Disc
 - c. 2:00 – FSB Disc
 - d. 4:30 – FSG Disc
5. Long Jump (open pit per division, estimated start times below, may change once all entries are in)
 - a. 8:30 – VG LJ
 - b. 11:30 – VB LJ
 - c. 2:30 – FSG LJ
 - d. 4:30 – FSB LJ