

SPAL TRACK COACHES MEETING
DECEMBER 8, 1965

1. The SPAL Championship Meet Director (Clay Henry) will be responsible for complete management of the meet.
2. The SPAL Trials will be held on Tuesday, May 17, 1965.
The SPAL Finals will be held on Saturday, May 21, 1965. (Field Events...12:30; other..1:00)
3. It was recommended by all coaches present that the Dean of Boys from each school be responsible for crowd control. (Committee of Nine)
4. To speed up the SPAL Trials the following recommendations were approved:
 - a. The top eight or nine (depending upon the number of lanes around turns at Gunn) in the 330, 440, 660, 880, 1320, mile, and 2-mile, will be picked by Clay Henry and Jim Luttrell sometime during the week before the trials and be allowed to sit out the trials in these events. In picking these boys, several things will be considered but the main criterion will be published times in the newspapers.

(Jim Luttrell will be responsible for getting the trial heat sheets to the coaches on Sunday. (The Sunday before the Tuesday Trials))

5. In the sprints and hurdles everyone will run in the trials. Extra hurdles will be brought to Gunn if there is room on the track.
6. Field events will be run as in past trials with the exception of the shot and discus as listed below.
7. It was recommended that Forest Jamieson be clerk of the course, with the power to juggle the heads the best he can to have full heats when people scratch from events.
8. All shot and discus efforts will be measured, no matter how poor. Double discus markers will be used in the case of close throws by one competitor. Plato Yanicks has some extra markers, if needed.
9. In the relays, if there are 9 lanes, the teams will be seeded (given choice) on the basis of best recorded times in the newspapers and/or on the basis of who ran on a given day and who beat whom. The meet director and league chairman will decide the above.
10. If a coach has a question as to where to enter a boy (A, B, or C), he should enter him in both places and then call Jim Luttrell or Clay Henry on Saturday morning before the Tuesday Trials and announce his final decision. The boy will then be scratched in one race or the other.
11. The coaches agreed on the following policy with regard to the classification question:
 - First Choice: Ask the Board of Managers if we can go back to the free movement (up or down) at any time during the season.
 - Second Choice: Ask for free movement (up or down) the first three meets, but allow us to move a boy up at any time after the third meet. This boy could not move down once moved up after the third meet.
 - Third Choice: If the above two proposals are turned down, the coaches voted 5-4 to keep last year's practice of free movement during the first three meets and where the boy competes the fourth meet is where he stays the rest of the season.

The schools voted the following way: Yes.....Frozen 4th meet
No.....Frozen 1st meet

Carlmont....Yes	Ravenswood....No
San Carlos..No	Menlo-Atherton..Yes
Sequoia.....No	Palo Alto.....Yes
Woodside....Yes	Gunn.....No
	Cubberley....Yes

12. It was recommended that all coaches talk to their deans or principals about:
1. The advantages of being able to move a boy up or down throughout the season.
 2. The advantages of having the B's and C's run the same distances as the varsity with the exception of the two-mile, hurdles, and shot put.
 3. Adding the C pole vault to the C Division (to be run at the same time as the B's).
13. The coaches recommended that the two-week rule applies only to boys who have been out for track at your school the previous year. New boys to track would be eligible immediately. In other words, a boy who had been out for track at your school as a freshman and/or sophomore and/or junior would have to wait two weeks before becoming eligible if he turned out later than the weigh-in date. This would not apply to boys out for a winter sport that finished sometime in march (such as basketball).
14. It was also recommended that special teams, to be determined by the administrators, be allowed to try for national relay records without it counting as a practice meet.
15. In SPA dual meets, all boys entered in a distance race, or any other race, will be eligible to score points. (This will be presented to the B card of Managers)
16. Our league will recommend to the CCS (other than B and C running varsity events):

We have the 440 and Mile relay events in place of the 880 relay and that a boy be allowed to run two races of 440 yards.

Jim Luttrell

If you have any corrections, additions, etc. please detach at the dotted line and send back to me. Write your questions, additions, corrections, etc. below.