

MINUTES OF CROSS COUNTRY AND TRACK COACHES MEETING
TUESDAY, DEC. 10, 1968
At Menlo-Atherton

CROSS COUNTRY -Loren Lansberry, Chairman

1. Loren will seek to have the league provide plaques for Freshman, Sophomore, and Varsity divisions. The varsity needs either an extension or a larger board.
2. An all-league freshman team will be picked next year in addition to the all-league varsity and sophomore teams. Plato will again do the work involved (and we all appreciate the fine job he is doing).
3. A reminder to all coaches----if you host a meet where there are four or more schools involved you must get sanction from Lee Sims, 116 Majors St., Santa Cruz.
4. Our league, through Loren, will recommend that the Frosh-Soph division be made official in both Region and Section meets in the future.
5. There will be a cross country coaches meeting sometime during the first two weeks of Sept. in 1969 and will be called by chairman Lansberry.
6. Our league will also recommend that postal meets be lengthened to three miles.
7. It was pointed out that cross country courses now may be approximately three miles.

TRACK- Jim Luttrell, Chairman

1. Jim will recommend to the Section track committee that it keep the present varsity and "B" classifications at the Section and Region levels. This will be done in January 1969.
2. In the event that the above is not accepted, Jim will vote for the varsity and frosh-soph divisions in the section and region meets (still 2 divisions).
3. The SPAL coaches vote "yes" to include the TJ in the state meet in 1969 and thereafter.
4. In our league dual meets starting in 1969 if the host school has two runways, then the long jump will be run on one and the triple jump on the other. Both will close at the start of the C mile relay. Each boy can have a total possible five jumps during this time.

If the host school has one runway, the long jump competition will be carried to completion in A, B, C order followed by the triple jump which will be carried to completion in A, B, C order. A boy may check out of competition to compete in another event and then return. The officials will be urged to uphold the two-minute rule. Each school will definitely have a limit of four in each event.
5. The SPAL is host for the Region I Meet and the Section meet. Andy Darby has agreed to host the section meet. A region meet director is lacking at present.
6. The track meet scheduled for April 17 for each school will be moved back to the 15th to make room for the Palo Alto City 75th Spectacular to be directed by Forrest Jamieson of Terman Jr. High. This meet will be held on April 18 at Stanford.
7. We will recommend to the SPAL board of managers that the starter-referee be paid \$20.00 instead of \$10.00. The vote was 6-2 for the change.
8. The SPAL meet will be hosted by Ravenswood and probably held at Foothill with trials on Tuesday and finals on Friday night. The long range weather forecast says this next league should be warmer than that of 1968.
meet
9. The outstanding performance will be selected by means of the chart Loren gave us
10. Short spikes must be worn at schools with blacktop approaches.
11. New rule--a lapped runner must move to lane three and stay there.
12. We will ask for a Freshman pole vault if the January Section meeting makes this possible.
13. Reading of 220 times and other times is o.k. if both coaches agree before meet.
14. There will be another track coaches meeting a week after the January section meeting. Jim will notify coaches of this.

Jim Luttrell

(Notify me of any additions or corrections to the above)