

**hank lawson**

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**From:** "Ri-Chee Chou" <rchou@exponent.com>  
**To:** "Jim & Julie L'Heureux" <jolheureux@aol.com>; "Coach Armstrong" <coacha@prodigy.net>; "Mark Shields" <sylvmarks@yahoo.com>; "Adam Miranda" <adammiranda@rocketmail.com>; "Kenrick Sealy" <kenricksealy80@hotmail.com>; "Kirk Flatow" <kirk.flatow@gmail.com>; "Rick Blomquist" <rdblom@pacbell.net>; "John McKeeman" <jamckeeman@gmail.com>; "Archie Ljepava" <archie295124@yahoo.com>; "Jim Wilks" <jwilks@scusd.net>; <waltvz@aol.com>; "Hank Lawson" <hanklawtrack@gmail.com>  
**Cc:** <frances.t.obrien@comcast.net>; "Elaine Lea-Chou" <elaine@elc-bio.com>  
**Sent:** Friday, April 27, 2018 9:58 AM  
**Subject:** ECL Trials and Finals at Homestead Coaches,

I am Homestead's T&F Team Manager, and am overseeing the operational aspects of the Trials and Finals at Homestead.

As you are aware, there is a required entrance fee for attending the Trials and Finals.

Besides athletes and coaches, of course, this fee is waived for parents (and non-coach) volunteers helping out with meet operations. Please ask your parent volunteers to let our gate entrance people know they are there as a volunteer. Our gate people will be keeping track of (and limiting) how many volunteers enter fee-free from each school.

I am making an assumption that each school running an event will have up to 2 parent volunteers. In addition, each school is required to provide 1 turn judge. I will be providing this list to our gate personnel. If you need the number adjusted for your school, please let me know.

- **Cupertino** – TJ/LJ Girls Helpers (2) + 1 Turn Judge = 3 Total
- **Fremont** – Shot Put Helpers (2) + 1 Turn Judge = 3 Total
- **Monta Vista** – High Jump Helpers (2) + 1 Turn Judge = 3 Total
- **Santa Clara** – 1 Turn Judge = 1 Total
- **Saratoga** – LJ/TJ Boys Helpers (2) + 1 Turn Judge = 3 Total
- **Wilcox** – Discus Helpers (2) + 1 Turn Judge = 3 Total

Your field event helpers can report directly to your Coaches running the various events. Please have your turn judges report to the Clerk of the Course tent, and we will check them in and direct them to Coach Julie.

Also – please advise your team of the following:

1. If your athletes arrive before the school day is over, please have them stay in the track/stadium area.
2. Parking on campus is severely limited. We have lost some parking due to construction, plus our campus lots are not very large, and will still be in use by staff and students when teams and spectators start arriving. Please allow sufficient time to find parking.

Please do not hesitate to contact me with any questions.

Thanks!  
 Ri-Chee

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**Ri-Chee Chou, Ph.D.** | Principal

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## **Proposed Rules for the League Meet**

### **Trials Day (April 30<sup>th</sup>)**

- 1) Seeding for the trials will be based on entered time and also, to prevent all of a school's entries from being in one heat.
- 2) Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H only if more than 8 competitors check-in.
- 3) Only the heat winners will be automatic qualifiers. The rest of the finalist will be determined by time. Therefore, if there are 2 heats: the winner of each heat and the next 6 fastest times will qualify for finals. If there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for finals.
- 4) Seeding for the finals will be based on time only.
- 5) Finals for the F/S boys 3200m and JV girls 3200m will be held on Monday.
- 6) All F/S boys and JV girls' field events will compete on Monday. They are allowed only 4 attempts. If the field for an event is more than 12 athletes, then field will be split into 2 flights with the top competitors competing in the second flight. Each legal throw will be measured. A maximum 12 athletes can compete in each flight. This method will only be used for the Boys F/S and Girls JV competition. The order of the Field Events will follow the CCS order.
- 7) Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check-in. The bar will move up in 2-inch increments.

### **Finals Day (May 2nd)**

- 8) If there are more than 16 entrants in the 800, we will split the field evenly with the slow group running first and the fast group running second. The combined times from both heats will be used to determine the overall places. If there are an odd number of runners in the 800 when two heats are being run, the additional runner will be placed in the fast heat.
- 9) Only 1 heat will be run for the 1600m in each division.

### **Running Events**

800m – alleys if needed (determined by the starter)  
1600m – alleys if needed (determined by the starter)  
3200m – alleys if needed (determined by the starter)  
1600m Relay – 3 turn stagger

- 10) 2 Alleys will be used for the 800m, 1600m and 3200m if needed (the starter will make determination). The top third of the competitors will run in the outside

alley with the fastest competitor on the outside to the slowest on the inside. The other 2 thirds of the competitors will run in the first alley with the fastest of that group on the outside to the slowest on the inside.

### **Field Events**

The Varsity boys and Varsity girls' field events will compete on Wed. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. Any ties for 8<sup>th</sup> place will be included in the finals. The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest mark will compete last. If the field is bigger than 12 competitors, flights will be used with the top competitors in the second flight. The order of the Field Events will follow the CCS order.

In the Discus and Shot, every legal throw will be measured.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check-in. The bar will move up in 2-inch increments.

### **Rules for both days**

**10)** The high jump bar should not be moved up more than one increment above the height that an athlete has cleared while he/she is away competing in another event as long as they have checked out and are within 20 minutes of their check out time. Once the 20 minutes has passed, the bar can be moved up.

11) Warm-ups for field events are not allowed prior to the event unless the venue has been declared open by the meet director and the event official or contestant's coach is supervising at the site. A red cone or sign can be used to signal the event is closed. (Article 6-2-6) Officials should be on site 30 minutes before the start of the event for warm-ups. First set of field events start at 3pm. Officials should be there by 2:30pm.

12) All field event athletes may check out no earlier than 10 minutes prior to the start of a track event in which they are entered and must report back within 10 minutes of the end of the track event. They must notify the event official when they check out and when they report back. The event official should allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts. The athlete has 10 minutes to recover at the completion of his/her running event, not when they report back to the field event. If his/her running event finishes at 4pm, the athletes can be called for a field attempt at 4:10pm.

13) If an athlete is participating in two field events at the same time, he/she should go back and forth between the two events as quickly as possible within a 15-minute window.

14) All discus and shots will be weighed before competition. Shot and Discus officials should verify that all implements have been weighed and approved.

15) Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Friday, May 4th at 8pm will be the deadline for reporting errors to the meet director. Please email corrections to Julie L'Heueux and Hank Lawson.

16) All athletes are limited to four events. Entries are determined as of 10:00pm on April 27, 2018. At this time, the at-large qualifiers will be determined. If you are submitting an at-large qualifier, submit their name, division, event and mark to Julie before 10pm on the 27<sup>th</sup> of April. When submitting an at-large qualifier, all of your athletes (3 entries plus at-large qualifier(s)) in that event must be in the Top 8 marks or the at-large athlete is not accepted.

17) No competitor may be added to an event after 10:00pm on April 27, 2018 without the agreement of at least 5 of the 7 schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

18) Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been published or made official in that event. The head coach will first protest to the starter. The decision of starter is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The Jury of Appeals shall review the appeal. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

19) If there is a hardship athlete, he/she must follow the Hardship Rule in the SCVAL Track By-laws. The hardship paperwork must be presented prior to the start of the League Trials to the meet director.

Trials Schedule – Monday, April 30 – Homestead H.S.

2:15pm Coaches scratch meeting

Rolling Schedule

3:30pm Trials begin

110 HH VB

65 HH FSB

100 HH VG, JVG

400M VG, VB, JVG, FSB

100M VG, VB, JVG, FSB

3200M JVG (Final)

300 IH VG, JVG, VB, FSB

3200M FSB (Final)

200M VG, VB, JVG, FSB

Field Events (Finals) (4 attempts for throws, horizontal jumps)

Weigh in – 2:30pm-2:45pm, 3:45-4:00pm

3:00pm JVG HJ, JVG DT, JVG LJ, FSB LJ, FSB SP

4:15pm FSB HJ, FSB DT, FSB TJ, JVG TJ, JVG SP

Finals Schedule – Wednesday, May 2 – Homestead H.S.

2:15pm Coaches scratch meeting

Preliminary Schedule – will update after entries are received

3:30pm 4x100M VG, VB, JVG, FSB

3:45pm 1600M VG, VB, JVG, FSB

4:20pm 110 HH VB, 65 HH FSB, 100HH VG, 100HH JVG

4:35pm 400M VG, VB, JVG, FSB

4:50pm 100M VG, VB, JVG, FSB

5:05pm 800M VG, VB, JVG, FSB

5:40pm 300 IH VG, JVG, VB, FSB

5:55pm 200M VG, VB, JVG, FSB

6:10pm 3200M VG, VB

6:40pm 4x400M JVG, FSB, VG, VB

Field Events (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

Weigh in – 2:15-2:30pm, 4:15-4:30pm

3:00pm VG HJ, VG LJ, VG DT, VB SP, VB LJ

5:00pm VB HJ, VB TJ, VB DT, VG SP, VG TJ

## EC League Meet

Meet Host School: Homestead

Meet to be held on Mon., April 30 and Wed., May 2 at Homestead High School

Meet Director: Julie L'Heureux (Santa Clara), Co-Director Kenrick Sealy

Duties

Starter: Jim Springer, both days, Jim Manha – Monday

Timing: Hank Lawson

Scoring: Hank Lawson

Jury of Appeals (3) –Mark Shields (F), Kirk Flatow (MV), Walt Van Zant (W)

Alternates: Paul Armstrong (C), and Archie Ljepava (S)

Head Field Judge: Homestead

Field Result Checker: Julie L'Heureux

Clerk of the Course: Richie (H)

Starting Line Judge – Homestead (Wed. only, 2 starters on Mon.)

Announcer – Homestead

Weigh in: Santa Clara (Paul/Kristina)

Events:

Blocks – Homestead/ Santa Clara

Hurdles – Homestead

Shot – Fremont

Discus – Wilcox

TJ/ LJ Girls – Cupertino

LJ/ TJ Boys – Saratoga

HJ – Monta Vista

Chief Finish Line Judge: Homestead

Turn Judges for relays: 1 per school

The entries for the league meet are due on Fri., April 27 at 10:00pm through Athletic.net. Remember only 3 entries per a school per event. At large entries should be submitted separately to Julie L'Heureux by April 27 at 10:00pm.

Alley starts will be used for the 800m, 1600m, and 3200m if necessary (starter will make determination).