

Meet Director: Julie L'Heureux

Location: Santa Clara H. S., May 11

Time: 5pm Field, 5:30pm Running

Job Assignments:

Starter: Jim Springer, ?

Timer & Results: Hank Lawson

Announcer: SC

Field Event Result Checker: Santa Clara – Colette/ Patrick

Field Judges: Santa Clara – Darrin Garcia - Jumps, Paul Fuller - Throws

Clerk of the Course: Santa Clara - Margaret

Jury of Appeals: Bridget Hall (M), Mark Shields (F) and Bernie Ramos (L)

Alternates: Paul Armstrong (C) and Gerri Baldwin (LA)

Starting Clerk: Curtis Liang (G – 400m & up,
Colette/Margaret –sprints/hurdles

Finish Line: Curtis Liang (G)

Weigh in: Los Altos

Blocks: Los Gatos

Events:

Pole Vault: Santa Clara / Los Gatos

Hurdles: Monta Vista

Shot: Mt. View

Discus: Homestead

TJ & LJ: Cupertino – girls' pit

HJ: Los Gatos

LJ & TJ: Palo Alto – boys' pit

1st half (400m relay - 100m) Wilcox (2) passing zone 1, Milpitas (2) passing zone 2,
Los Altos (2) passing zone 3, Gunn (2) homestretch & finish area

2nd half (800m - 1600m relay) Saratoga (2) passing zone 1, Lynbrook (2) passing
zone 2, Fremont (2) passing zone 3, Homestead (1) & Los Gatos (1) homestretch &
finish area

The turn judges' names should be turned into the Meet Director by May 10.

SCVAL Championship Meet Results and Scratches

Julie L'Heureux must submit results electronically to the CCS office and CCS meet director (Mark McConnell), by 9:00am on the Tuesday (May 15) following the league meet or qualification meet. No changes are allowed after the deadline.

Reminder: No alternates are allowed for the CCS Semis. Send scratches to Julie L'Heureux and copy to Curtis Liang, no later than Sunday morning, May 13 so that alternates may be notified. Please also copy the email to the alternate's coach if possible. Coaches: please check your email frequently during this time period for alternate notification. Thanks.

Equipment: I will supply clipboards, pencils, measuring tapes, 1 rake per pit for field events. Please note on the measuring tapes: 1 side is feet and inches, the other is decimal feet –the marks for the decimal feet side is **.1, .2, .3**, etc., use the correct side.

hank lawson

From: "Jim & Julie L'Heureux" <jolheureux@aol.com>
To: "Coach Armstrong" <coacha@prodigy.net>; "Mark Shields" <sylvmarks@yahoo.com>; "Adam Miranda" <adammiranda@rocketmail.com>; "Coach PattiSue" <coachpattisue@gmail.com>; "Hal Daner" <haltrack@hotmail.com>; "Curtis L" <curtisliang@gmail.com>; "Gerri Baldwin" <gerrib@sbcglobal.net>; "Dave Barth" <dbarth86@gmail.com>; "Kenrick Sealy" <kenricksealy80@hotmail.com>; <LosGatosTrackField@gmail.com>; "Paul Lawryk" <plawryk@gmail.com>; "Matt Snee" <mattsnee2007@gmail.com>; <williehartmatz@aol.com>; "Bernie Ramos" <bernie_ramos27@yahoo.com>; "jake white" <jakeantoin@yahoo.com>; "Bridget Hall" <bhall@musd.org>; "Andrew Bennett" <andrewjbennett89@gmail.com>; "Kirk Flatow" <kirk.flatow@gmail.com>; "Rick Blomquist" <rdblom@pacbell.net>; "John McKeeman" <jamckeeman@gmail.com>; "sish51" <sish51@yahoo.com>; "Craig Blockhus" <swenrunner@comcast.net>; "Michael Davidson" <mdavidson@pausd.org>; "JAMES LHEUREUX" <jolheureux@aol.com>; "Archie Ljepava" <archie295124@yahoo.com>; "Jim Wilks" <jwilks@scusd.net>; <waltz@aol.com>; "Curt Johansen" <cjohansen@pausd.org>; "Hank Lawson" <hanklawtrack@gmail.com>; "Ri-Chee Chou" <rchou@exponent.com>
Sent: Saturday, May 05, 2018 10:28 AM
Attach: Qual_Time_Schedule_2018.docx; SCVAL_Job_Assignments_2018.docx; FieldEvents-Turn Judges.docx
Subject: SCVAL Meet - Jobs, Time Schedule, Field Events
 Coaches:

Attached is the documents with job assignments, time schedule and information for turn judges and field officials. Due to lighting concerns, I hope to have the meet done at 8:30pm. The coaches meeting is scheduled for 4pm.

Please read through everything and forward to your assistant coaches and officials.

Head Coaches: please make sure you supply workers and officials, with prior experience, especially Field officials. The Field Officials should review all rules pertaining to their events and how to handle athletes participating in other field and running events. We need the field event to run smoothly and on time. The sunsets at 8:07pm and the lighting on the outer edges of the stadium will be poor. Do not let athletes check out early. Upon completion of their running events, athletes should return to their field event, they should receive 10 minutes to recover. Coaches make sure your athletes are prepared to go between two events. Checking out early from a field event to warm up with teammates for the relay or do hurdle warm ups is not allowed, unless within the 10 minute time limit. If there is a scratch, an athlete can be added from the alternate list. If they are not on the list, don't add them.

The infield should not be used for warm ups. The back field will be open for warm ups, there will be a limited number of hurdles for warm ups. The only people on the infield will be the workers and athletes within 10 minutes of their events. Coaches should stay off the infield. If it gets too dark on the back field, the infield will be opened to warm ups in the section of grass from the north end zone to midfield. The south section of the infield is off limits until the discus competition is complete.

I warned coaches at the cross country postseason meeting and at the track preseason meeting about the following areas and you did not want to change venue.

Restrooms: As some of you know, there was a fire in our snack shack/restroom several years ago. Good news: they are fixing it, bad news: it won't be done until midsummer. We have 5 porta potties near the weight room, with another 3 porta potties under the home bleachers. If necessary, I will open the boys' and girls' team rooms for athletes use only. Unfortunately, the girls' team room is outside the stadium area so they will need to ask at the clerking area for an

escort. The girls' team room is in the back of the school, pass the swimming pool.

There will be a snack bar with hamburgers, hot dogs, veggie burgers, and nachos, assorted drinks and snacks. Unfortunately, there will be no fried oreos.

Questions

Julie

hank lawson

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To: "Coach Armstrong" <coacha@prodigy.net>; "Mark Shields" <sylvmarks@yahoo.com>; "Adam Miranda" <adammiranda@rocketmail.com>; "Coach PattiSue" <coachpattisue@gmail.com>; "Hal Daner" <haltrack@hotmail.com>; "Curtis L" <curtisliang@gmail.com>; "Gerri Baldwin" <gerrib@sbcglobal.net>; "Dave Barth" <dbarth86@gmail.com>; "Kenrick Sealy" <kenricksealy80@hotmail.com>; <LosGatosTrackField@gmail.com>; "Paul Lawryk" <plawryk@gmail.com>; "Matt Snee" <mattsnee2007@gmail.com>; <willieharmatz@aol.com>; "Bernie Ramos" <bernie_amos27@yahoo.com>; "jake white" <jakeantoin@yahoo.com>; "Bridget Hall" <bhall@musd.org>; "Andrew Bennett" <andrewjbennett89@gmail.com>; "Kirk Flatow" <kirk.flatow@gmail.com>; "Rick Blomquist" <rdblom@pacbell.net>; "John McKeeman" <jamckeeman@gmail.com>; "sish51" <sish51@yahoo.com>; "Craig Blockhus" <swenrunner@comcast.net>; <mdavidson@pausd.org>; "JAMES LHEUREUX" <jolheureux@aol.com>; <archie295124@yahoo.com>; <jwilks@scusd.net>; <waltvz@aol.com>; <cjohansen@pausd.org>; <hanklawtrack@gmail.com>
Sent: Friday, May 04, 2018 12:18 PM
Attach: SCVAL_Qualifiers_2018.xlsx
Subject: Re: SCVAL Championship Meet - Qualifier List
 Coaches:

Attached is the Qualifier List. I had to make 3 last minute changes to correct field event results from Thursday. If there is a tie for 20th place (4th alternate) in a field event, all ties are included. That is why in the high jump, you will see more than 4 alternates. For ties for 20th place in a running event with lanes, I had Hank break the ties by going to the thousandths. All ties were included as alternates but they are ranked. You will see 5 alternates in the VB 100m. We will not add an extra heat to accommodate ties in running events. Also, Hank broke the tie for 8th place in the VB 100m, to determine which athlete got in the fast heat.

The list is shown with the seed time for the athlete. In the sprints and hurdles, the seed time is their finals time, unless they did not make the finals. If you see an asterisk beside a time, that means that the athlete's trials time protected them from being replaced by an athlete that did not compete in the finals. Their finals time was slower than their trials time, included in spreadsheet.

If a 1st alternate failed to show up for a final and the 2nd alternate ran, then the first alternate was listed as a no show and treated just like a scratch. There was no penalty for 3rd, 4th, etc. alternates that did not show up since normally you would not expect them to get in. The meet director and coaches need to emphasis to their athletes that if they are the first alternate, they should check-in and show up at the starting line, in case an athlete is a no show. This was discussed at the preseason meeting and placed in the minutes:

The first alternate for each sprint and hurdle event, especially varsity events, should attend the league finals in case a slot opens up in their event. Failure to not show may result in the alternate being declared ineligible for the SCVAL meet.

Please send all scratches to me (not Hank), no later than Wed., May 9 at 8pm and copy the alternate's coach. Coaches please confirm that the alternate wants the spot. At 8pm, I will send the spreadsheet to Hank for seeding. At that time, any late scratches will result in the alternate filling the empty lane unless it is from the fast heat, in which case the fastest qualifier from the slow heat will move to the fast heat and the alternate will take the spot in the slow heat. I will occasionally send out the update list so you can see all the scratches.

I will send more information tonight. Remember I will only answer emails from head coaches

on issues with the qualifier list.

Question: Do we want to run 1 heat of the 800m for each division or stay with 2? Please vote ASAP.

Julie

On May 4, 2018, at 8:44 AM, Jim & Julie L'Heureux <jolheureux@aol.com> wrote:

Coaches:

Sorry for the delay in information but I have been dealing with the League Trials and Finals. I am waiting for verification that the Qualifier List is correct before I send it out.

The By-Laws state that the meet will start at 5pm Field Events and 5:30pm for Running Events and the location is Santa Clara High School. I will send an updated time schedule and job list later today. We will try to finish the meet by 8:30pm.

When I send the Qualifier list, please share it with your coaches but ask them to talk to you before emailing me. I don't have time to have conversations with every assistance coach in the league and why their athletes are not in. If you have a question about the list, email me. Also, send me any pole vault entries.

If you are running a field event, please inform your official that they are expected to be in the stadium no later than 4:15pm. Warm ups should start by 4:30pm and first throw or jump by 5pm. Tell the field athletes the same thing. If they show up after first throw or jump, they will be scratched. They should check in by 4:30pm, even 2nd flight. If your field official can't make it until 5pm, have someone there to do check-ins and warm ups. We need to start on time for field events, no excuse.

If you have an athlete in the 4x1 and a field event in the first session, tell them that they must check-in for the field event at 4:30pm. If they are in the first flight for the field event, they must take their attempts, they cannot check out until 5 minutes before their running event. The excuse but I have to warm up with my 4x1 team or practice hurdles is not an excuse. They should know have to manage their time. If you have an athlete that has time management issues, you may want to prioritize their events and scratch one. This issue was discussed at the CCS meeting. Although we score the meet, that is done to allow our pole vaulters to move on. There is no awards from the League for this meet.

If everyone follows the above, the meet should run smoothly and on time. Some of the field events are on the outside of the track and lighting will be come an issue if they are not completed on schedule.

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>

> Julie

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| Contestant may officially enter: | |
|----------------------------------|---|
| Four individual events | No relays allowed. |
| Three individual events | May be listed on any number of relays but compete in only one relay. |
| Two individual events | May be listed on any number of relays but compete in only two relays. |
| One individual event | May be listed on any number of relays but participate in only three relays. |
| Zero individual events | May be listed on four relays and may compete in four relays. |

PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

ART. 3 . . . These entry and participation limitations do not apply to multi-event competition.

ART. 4 . . . Unless state association, conference or league rules apply:

- In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.
- In triangular meets, each school is entitled to enter not more than four contestants.
- In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
- In a relay race, only one team per school may be designated as a scoring team.

SECTION 3 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

- Each competitor shall wear shoes on both feet.
 - The shoes shall have an upper and definitely recognizable sole and heel.
 - The (shoe) upper must be designed so that it can be fastened securely to the foot.

- In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

- The use of slippers or socks does not meet the requirements of the rule.
- Each competitor shall wear a school-issued or school-approved full-length track top or one-piece uniform.
 - When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - The top or one-piece uniform may have school identification and the top may have the competitor's name.
 - The top shall not be knotted or have a knot-like protrusion.
 - A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 - One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 - Bare midriff tops are not allowed.
 - The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
 - Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

- If more than one visible garment is worn under the uniform top, all must be the same color.
- A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
- Each competitor shall wear a school-issued or school-approved track bottom or one-piece uniform.
 - The bottom or one-piece uniform may have the school identification.
 - Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 - French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 - The waistband of a competitor's bottom shall be worn above the hips.
 - A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 - One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association

adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

7. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

1. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.
2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

ART. 2 . . . Additional restrictions for relay teams and cross country teams.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn by two or more relay team members or cross country team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length.

NOTE: Visible items worn under both the top and the bottom do not have to be the same color.

PENALTY: (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 4 BRACES, CONCUSSION MANAGEMENT AND MODIFICATIONS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 1 . . . If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding is required, such padding shall be closed-cell, slow-recovery foam no less than ½" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2 . . . Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (Appendix D, NFHS Suggested Guidelines for Management of Concussion.)

ART. 3 . . . A competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event trial. He/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (Appendix F, NFHS General Guidelines for Sport Hygiene, Skin Infections and Communicable Diseases.)

SECTION 5 QUALIFICATION

ART. 1 . . . To qualify is to win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight.

ART. 2 . . . A preliminary flight or heat is the first level of competition in any event which qualifies competitors for the next level of competition.

ART. 3 . . . A semifinal race or flight is designed to eliminate all competitors except those who qualify to participate in the finals.

ART. 4 . . . If there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position. (3-8-3)

NOTE: The preliminary races should be arranged so that no competitor is scheduled to run in more heats than another competitor unless tying competitors from a preliminary heat are competing for an available lane in a final heat.

ART. 5 . . . If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his/her school or any other school may replace the withdrawn competitor or withdrawn relay team.