

hank lawson

From: "Gerri Baldwin" <gerrib@sbcglobal.net>
To: "Hank Lawson" <hanklawtrack@gmail.com>
Sent: Wednesday, April 17, 2019 4:09 AM
Attach: DAL SCHEDULE.pdf
Subject: Fwd: DAL SCHEDULE 3rd update

Thank You Gerri

Begin forwarded message:

From: David Barth <dbarth86@gmail.com>
Date: April 16, 2019 at 10:41:51 PM PDT
To: gerrib <gerrib@sbcglobal.net>, Steph MacKenzie <stephmack75@gmail.com>, Pam Harris <pamharris54@gmail.com>, Drew Russert <drewrussert@gmail.com>, George Carty <glrcarty3@aol.com>, Bregje van Breugel - Lawlor <lawlorbregje@gmail.com>, Danny Yeager <dannyyeager@yahoo.com>, "Hughes, Robyn" <Robyn.Hughes@mvla.net>, kellyjamesmac@gmail.com, Andrew Zaeske <azaeske@google.com>
Subject: Fwd: DAL SCHEDULE 3rd update

Hey Coaches,

See info below for League Finals information and schedule. If you have any questions please let Gerri and I know in upcoming days. Entries are due on athletic.net. Friday. I will be traveling starting Thursday afternoon so if there are entry questions please let me know tomorrow or Thursday AM.

Please put all LAHS additional at large entries into this [google doc](#). To be in at large entry my understanding is ranked in the top 8 in the event in each division.

Also, we will need volunteers for turn duty + hurdle crew on both days. It is our expectation that all coaches volunteer in a role.

De Anza League Meet 2019 – Schedule, Rules and Duty Reminders

Coaches:

The De Anza League Meet is Tuesday, April 23rd and Thursday April 25th at Los Altos High School. The following is the time schedule, duties for each school and miscellaneous information for the meet.

Entries for the league meet are due April 19th at 10 pm. Hank Lawson will set up 1 meet date for entries on Athletic.net

The meet is set to start both days at 3:00pm field events, 3:30pm running events

Questions? Email us at dbarth86@gmail.com or gerrib@sbcglobal.net

Duties:

Starter: Leroy Milam

Timing and Scoring: Hank Lawson

Meet Directors: Dave Barth and Gerri Baldwin

Head Field Judge/Weigh-in: Los Altos

Jury of Appeals: Milpitas, Lynbrook, Gunn; Alternates: Palo Alto and Los Altos

Clerk of the Course: Los Altos

Block Crew: Milpitas

Events:

Hurdles - Los Altos

Shot - Mountain View

Discus - Lynbrook

LJ/TJ Boys - Palo Alto

LJ/TJ Girls - Gunn

HJ - Los Gatos

Chief Finish Line Judge: Gunn

Finish Line/Turn Judges:

Day 1 110h- 100m; Milpitas (2) + Mountain View (1)

3200 JVG-200; Lynbrook, Los Altos, Gunn

Day 2 4x100-100m; Milpitas, Palo Alto, Los Altos

800-4x400; Lynbrook, Gunn, Mountain View

Driving and Bus Arrival:

Los Altos High School
201 Almond Avenue
Los Altos, CA 94022

(Please see other attachment with bus parking information).

Please put tents at the top of the bleachers on both sides to not obstruct any views of the track. Schools using canopies should have them tied down/or weighted down due to the chance of wind blowing them away. Should be set up at the top of the bleachers to avoid obstruction.

Warm-Up Information:

Only competitors competing in the events should be on the infield no spectators or non-competing athletes- reasoning: safety of warm-ups and competition of the discus. It's hard to warm up when 200 athletes are lounging around.

No Electronics on the infield and uniforms must remain on the athlete.

No food on the infield.

Concessions:

Los Altos High School will have a taco truck available (thank you Gunn High School for showing us your ways!). We will also have a concession stand with gatorades and other snacks for sale.

Athlete Check-In for Both Days:

PLEASE TELL YOUR ATHLETES TO CHECK IN A MINIMUM OF 30 MINUTES BEFORE THEIR RESPECTIVE EVENT. If we have less than 8 athletes in an event, we will cancel the trials and go straight to finals. We will not reseed for scratches. Non-laned races

(800, 1600, 3200 & 4x400MR) – will all have hip numbers.

Proposed Rules for the League Meet

Trials Day (Tuesday, April 23rd)

Seeding for the trials will be based on upon entered marks and keeping all of a school's entrants from being in the same heat to the extent possible.

Trials will be held in the 100 m, 200m, 400m, and All hurdles events ONLY if more than 8 competitors check in. We will not reseed due to scratches.

Only heat winners will be automatic qualifiers. The rest of the finalists will be determined by time. For example, if there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for the finals. If there are 4 heats: then the next 4 fastest times will qualify for the finals.

Seeding for the finals will be based on time only.

Finals for the FSB and JVG 3200 M will be held on Tuesday.

All F/S boys and JV girls' field events will compete on Tuesday. They are allowed only 4 attempts. If the field for any event is greater than 12, the field will be split into 2 flights with the top competitors competing in the second flight.

In the Shot, Discus, Long and Triple jumps, each attempt will be measured. A maximum of 12 athletes can compete in each flight. Four throws will be allowed per competitor. This method will only be used for the Boys F/S and Girls JV competition.

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 (Thursday, April 25th)

If there are more than 16 entrants in the 800 and 1600, 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 or 1600 when two heats are being run, the additional runner will be placed in the fast heat. Please note that this may change the schedule; we will know after the entries have been made and totaled, and if necessary the schedule will be updated.

Running Events Start

We will use the same starting rules as will be used at CCS:

800m, 1600m, 3200m – alley start

1600m Relay – 3 turn stagger

Field Events

The Varsity boys' and Varsity girls' field events will compete on Thursday. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest mark will compete last. If any field is greater than 12 athletes, flights will be used with the top competitors in the second flight.

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

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

All athletes are limited to four events. Entries are determined as of 10:00pm on April 19, 2019 (with the exception that some additional entries may be allowed if a school is allowed more than three entries in an event).

No competitor may be added to an event after 6pm on 5/1/16 without the agreement of a majority of the schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or the results are 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 any further appeal. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

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- > Los Altos, CA 94022

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