

# SCVAL Track & Field Pre-Season Meeting 2019

## Agenda

Handouts: done electronically. A link was sent to download the SCVAL Track By-laws and schedules. The other documents were sent by email: CCS Track By-laws, NFHS Track Rules Changes, CCS At-large Standards – 2019, 2019 Number of League Entries for CCS - CCS Conference and League Alignment, SAT Test Dates, AP Exam Schedule ACT Test Dates, CCS Tournaments Dates, CIF PV, HJ procedures for 2019 state meet

Paper handout of Steve Filios' email, State At-large marks

- 1) Introductions
  - a) Athletic Director Liaison, Curt Johansen (Gunn)
  - b) League Reps. Bridget Hall, Julie L'Heureux
  - c) Phone and email updates
  - d) 2018 Minutes
  - e) Congrats to Kirk Flatow - CCS XC Honor Coach 2018
- 2) League Schedules
  - a) Start date - Jan. 28
  - b) First Scrimmage - Feb. 11, allowed 2
  - c) Roster submission - Feb 21st - athletic.net (Hank)
- 3) By-Laws Update
  - a) By-Laws Status - current version: May 24, 2018
  - b) Article II - # of contest changed to 14 by the State and CCS. Note change on schedule, too.
  - c) Article III, Section 2.8.1 added to clarify the # of events a pole vaulter can do in the Division meets: they can do 4 events, if they qualify in 4 for SCVAL, they must drop 1 to do the PV.
  - d) Article IV, Section 3.1 and 3.1.2: 12 participants from each school per classification can compete in the 400m and down. For auto timing, winners can come from first 2 heats.
  - e) Article III, Section 7 mutual agreement of coaches can decide dual meet entries and heats.
  - f) Article V, Section 14 added to show future meet host, it takes into account the host school for SCVAL.
  - g) Article VI, Section 6 - field events start at 4:30pm for SCVAL meet, running events time doesn't change.
  - h) Article VII, order of events: the short hurdle order changes: VG, JVG, VB, FSB. Also, open pit for horizontal jumps may be used.
- 4) SCVAL Constitution
  - a) Currently, verifying the gate charges for Division and SCVAL meets.
- 5) CCS Meeting
  - a) Semifinals - Sat., May 11 early start - Tentative  
Time 11am Running, 10am Field Events  
Finals - Fri., May 17 - 4pm - Field Events, 6pm  
Running Events, official times will be posted in  
participation bulletin in April
  - b) Site - Gilroy High School, (SJCC needs new track)

- c) SCVAL - 6 entries boys, 6 entries girls
- d) Entrance charge for CCS - \$10 general, \$5 other and parking fee - \$5
- e) Free admission for athletes and 5 coaches per school, also officials can get on officials' list for entrance and free parking
- f) Participation Certificates for coaches & athletes on CCS website
- g) T-shirts available at least 5 days before Semifinals, patches/pins - anytime, other souvenirs at meet, will take credit cards at meet.
- h) Officials - field events - at least 30 minutes before start for warm ups, officials must be present for safety during warm ups
- i) The GPV will do first so that VG LJ and VG HJ are separated.
- j) Job Assignments for CCS Semifinals and Finals: Schools should provide a coach or knowledgeable adult, must stay until shift is over and next shift shows up.

### Trials

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Cupertino	
400m - 300m IH		
200m - 1600m relay		
High Jump (2-3 workers)	Santa Clara	
Head Official: SC - Boys, LG - Girls		

### Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH		
400m - 300m IH		
200m - 1600m relay	Monta Vista	
High Jump (2-3 workers)		
Head Official: SC - Boys, LG - Girls		

Workers should arrive ready to work 45 minutes before the start of the event. Flags and paperwork will be provided for turn judges. HJ official should bring measuring tape and pencils. A \$100 fine or loss of entry for next year's meet could be levied if a league does not provide personnel for their events on time.

- k) CCS Evaluation Meeting - Wed., May 28 at 4pm if needed
- l) Coach accompanying athletes (CIF rule)
- m) MBL and MTAL combing leagues, now PCAL
- n) Sanctioned Meets - Implement Certification, Wind gauges - Big Meets, League/Championship Meets

Mt. Sac, Arcadia - marks with wind gauge, implement checked.

Filios' email

- o) All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
  - p) 50% season long play rule (see handout), how to count multiple dual meets on 1 day, waivers for rule - injury, grades - get waiver from League Commissioner
  - q) Mark McConnell is out of town for the league meets
  - r) AP test conflict for CCS Finals: Computer Science A - noon test time - ask for late testing \$45 fee
  - s) 800m start change?
- 6) State Meet
- a) Trials, Fri., May 24, Finals, Sat., May 25
  - b) Buchanan High School, Clovis
  - c) Both long jumps will compete first then TJ, CCS will mimic field event order
- 7) NFHS Rule Changes
- a) Should have a copy of NFHS Track Book, received from your AD, should also have a copy of NFHS Track Officiating Book and a Case Book - \$10.00 each, also available for kindle on Amazon -\$6.99 each
  - b) Review CCS handout for rule changes - minor, uniform rule loosen
- 8)
- a) 2019-2020 CIF Calendar is changing by 6 days (Thanksgiving), State meet will move be May 29 & 30, so CCS Trials & Finals are May 16, 22
  - b) Feb, 3 start date, May 9, 2020 - last SCVAL event
- 9) Post Season Meeting - May 13
- a) Time - 6pm, location - SCHS
- 10) Other
- a) Andy Anderson Relays - Tues., Feb. 12 or 14, 3pm? Participating schools? are Santa Clara (RE), Wilcox (SP), Lynbrook (HJ), Cupertino (TJ), Fremont (LJ) and Homestead (Discus).
  - b) Time schedule - Set by the By-laws  
Division Trials and Finals - Field - 3pm, Running - 3:30pm
  - e) Alternates for sprints & hurdles to League finals - show up or not be eligible for SCVAL?
  - f) Field events- Officials: should be experienced. Per CCS: no warming up at field events until officials are in place and opens up the warm up area. Official needs to stay vigilante during warm ups and competition, keep competitors and spectators in safe area.
  - g) Dual meets - prior to meet day, coaches should discuss any changes in meet set up: field event order, etc. Both coaches should agree with changes. Change of start time requires a Change of Schedule form.
- 10) A few reminders for future meet directors:
- a) All job assignments should be filled, preferable with experienced workers, especially for the

throws. There should be a starting line clerk if there is only 1 starter assigned to the meet. The starting line clerk will assist the starter with insuring the athletes are in the appropriate lanes and give last minute race instructions.

- b) Turn Judges should be assigned for the whole meet.
- c) There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.
- d) The Field Event Officials need to review the rules for checking out of an event and competing out of order. Athletes should only compete out of order if they have a conflict with another event.
- e) For tracks with no curb, cones should be placed on the inner edge of the track. It is best to have as many cones as possible. Check NFHS rules for distance between cones.
- f) Check for uniform violations at both running and field events.
- g) Discus is measured to the inch.
- h) Meet Director should only direct the meet.
- i) All coaches need to help with meet management; unfortunately we can't just coach our athletes.
- j) Starters have been requested from scheduler - Mark Greenough - send him contact info, location, time
- k) Hank Lawson is timing Leagues, SCVAL - keep him in the loop.
- l) Wind gauges should be used, implements weighed and checked.

#### 11) SCVAL Championship Meet

- a) Fri. night, May 3
- b) Hank Lawson should send DAL & ECL results at conclusion of DAL meet to Julie L'Heureux, Walt Van Zant and ?. They will determine Top 16.  
Remember: goal is to get best athletes to the meet.
- c) Please send scratches by Wed., May 1 at 8:00pm to Hank Lawson and Julie L'Heureux
- d) Lane Assignments will be done Wed. Night
- e) Location - Los Gatos H.S.
- f) Start Times: 4:30pm field, 5:30pm running, update your schedule
- g) Meet Director: John Rembao, Julie L'Heureux
- h) Starter: ?
- i) Jury of Appeals (3 + 2 alt.):
  
- j) Job Assignments:  
Timer: Hank Lawson  
Results: Hank Lawson  
Field Event Result Checker: Julie  
Clerk of Course:  
Starting Clerk:  
Finish Line:  
Block Crew:  
Implement Weigh In:  
Events: experienced official for field events  
Pole Vault: LG  
Hurdles: Monta Vista  
Shot:  
Discus:

LJ/TJ Girls - Cupertino  
HJ:  
LJ/TJ Boys:  
Finish Line Judges:  
Turn Judges:  
1st half (400m relay - 100m) 8 judges  
  
2nd half (800m - 1600m relay) 8 judge

#### Qualifier Meet Results

Results must be submitted electronically to the CCS office and CCS meet director (Mark McConnell), using Meet Manager (the preferred program) or Excel by 9:00am on the Tuesday (May 7) following their league meet or qualification meet. No changes are allowed after the deadline.

Reminder: No alternates are allowed for the CCS Semis. Please scratch any athletes ASAP, preferably before leaving the Championship meet. Otherwise, notify the league reps. ASAP or no later than Sun. morning, May 5 so that alternates may be notified. Keep checking your emails during this time period.

#### 12) League Meets

a) League Host DAL - Los Altos  
EC - Fremont

b) Location

c) Days and time: field events 3pm, running 3:30pm

d) Meet director

e) Duties

Starter: ?

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results):

Jury of Appeals (3 + 2 alt.):

Clerk of the Course:

Block Crew:

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls - Cupertino

HJ -

Chief Finish Line Judge:

Finish Line/Turn Judges:

f) League Entries are due April 18 or 19?

#### 13) Meeting adjourned

