

Minutes of the SCVAL 2019 Track Preseason Meeting

Meeting was called to order on Tues., Jan. 15 at 4pm at Santa Clara High School.

Handouts

Handouts were sent electronically. A link was sent to download the SCVAL Track By-laws and schedules. Other documents were sent by email: CCS Track By-laws, NFHS Track Rules Changes, CCS 2019 At-large Standards, 2019 Number of League Entries for CCS, CCS Conference and League Alignment, SAT Test Dates, AP Exam Schedule & ACT Test Dates, CCS Tournaments Dates, and CIF PV & HJ procedures for 2019 state meet. Paper handouts of Steve Filios' email and State At-large marks were distributed at the meeting.

Attendance

The following coaches were in attendance: Julie L'Heureux (SC), Hank Lawson (website), Mark Shields (F), Paul Armstrong (C), Bernie Ramos (L), Walt Van Zant (W), Kenrick Sealy (H), Ri-Chee Chou (H), Curtis Liang (G), Scott Ishizaki (Mt.V), Michael Davidson (PA), Bridget Hall (M), Sue Rembao (LG), Archie Ljepava (S), Kirk Flatow (MV), Dave Barth (LA), Jim Wilks (W), Michael Granville (G), Kathy Tippetts (S), Curt Johanson (AD Liaison).

Introductions

Athletic Director Liaison, Curt Johansen (Gunn)
League Reps. Bridget Hall (DA), Julie L'Heureux (EC)

Congrats to Kirk Flatow – CCS XC Honor Coach 2018

Schedules and Start Dates

Start date – Jan. 28

First Scrimmage - Feb. 11, allowed 2

Roster submission on athletic.net due Feb. 21, add extra slots in case you add athletes.

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 league schedule.

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 for tri and quad meets. (by-laws need to be clarified with: For Tri and Quad league meets, ...)

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 for leagues, the order considers 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) Admission Charge for Division Meets, SCVAL: \$6-general admission, \$3-students, seniors and children 6 and above, Free-children 5 and under

- 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 others 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 can be bought anytime, other souvenirs at meet, will take credit cards at meet.
 - h) Field events officials should arrive at least 30 minutes before the schedule start for warm ups, officials must be present for safety during warm ups
 - i) The GPV will go first as will the VG LJ. The VG HJ will be in the second group of field events.
 - j) Job Assignments for CCS Semifinals and Finals: Schools should provide a coach or knowledgeable adult for their shift. They must stay until shift is over and the next worker shows up.

Trials

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Cupertino	Fremont
400m - 300m IH	Milpitas	Wilcox
200m - 1600m relay	Lynbrook	Saratoga
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	Gunn	Palo Alto
400m - 300m IH	Mt. View	Los Altos
200m - 1600m relay	Monta Vista	Homestead
High Jump (2-3 workers)	Los Gatos	

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 are combining leagues, they are now PCAL.

n) Sanctioned Meets should have Implement Certification, Wind gauges. The same for big meets such as the League meets and SCVAL Championship Meet. Entries for Mt. Sac and Arcadia must be achieved at meets with wind gauges and implement certification.

Filios' email:

o) All scrimmages must be held before the first league dual meet, otherwise it counts as 1 of your contests.

p) Playoff policy – 50 % rule: Each league contest (whether it be a dual meet, double dual, triple dual, tri-meet, etc.) counts as one (1) toward the 50% rule. The CCS Commissioner also confirmed that the league championship meet counts (trials and finals are not separate meets however) toward the 50% participation. See Steve Filios' handout for more information. If an athlete does not meet the 50% participation due to injury or grades, they may apply for a waiver from the 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. Athletes may ask for late testing which includes a \$45 fee.

s) 800m start change for CCS: Commissioner Morgan acknowledged the concern of the Track and Field Committee and has placed a CCS Staff proposal on the agenda of both the CCS Executive Committee and the CCS Board of Managers: a proposal to amend the CCS Track & Field Bylaws to be implemented immediately which would require Meet Management to use "lane" starts in the 800 meters.

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) Every coach should have a copy of NFHS Track Rules Book, provided by the league. It is also a good idea to have a copy of NFHS Track Officiating Book and a Case Book. They are \$10.00 each, they are also available for kindle on Amazon -\$6.99 each.

b) Please review the CCS handout for rule changes. There are minor changes and the uniform rule has been loosened.

8) a) 2019-2020 CIF Calendar is changing by 6 days due to Thanksgiving, State meet will be on May 29 & 30, so CCS Trials & Finals are May 16, 22.

b) Feb. 3 is the start date and May 9, 2020 is the last SCVAL event.

9) Post Season Meeting is May 13 at 6pm at Santa Clara High School in the administration building conference room.

10) Other

- a) Andy Anderson Relays will be held on Tues., Feb. 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
- c) First alternates for sprints & hurdles should be at the League finals in case of a scratch.
- d) Field events- Officials: should be experienced. Per CCS: no warming up at field events until the officials are in place and opens up the event for warm ups. Official needs to stay vigilante during warm ups and competition and keep competitors and spectators safe.
- e) 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.
- f) Timing Dual Meets: Hank Lawson would like the long jump to go first and be turned in by the start of the 800m. If open pits are used for by both jumps, he may only input the top 3 for long and triple jumps for scoring purposes and enter the rest of the marks when he gets home.

11) 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 lesser 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 the scheduler – Mark Greenough – for Division Meets and SCVAL: 2 starters for SCVAL and Finals, 1 for the trials.
- k) Hank Lawson is timing Leagues, SCVAL – keep him in the loop.
- l) Wind gauges should be used, implements weighed and checked.

12) 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 Curtis Liang. 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 league schedule to reflex the start times.
- g) Meet Director: John Rembao, Julie L'Heureux
- h) Starter: ?
- i) Jury of Appeals (3 + 2 alt.): Bridget Hall (M), Curtis Liang (G) and Mark Shields (F), alternates are Paul Armstrong (C) and Bernie Ramos (L).

j) Job Assignments:

Timer: Hank Lawson

Results: Hank Lawson

Field Event Result Checker: Julie L'Heureux (SC)

Clerk of Course: Los Gatos

Starting Clerk: not necessary if 2 starters

Finish Line: Curtis Liang (G)

Block Crew: Los Altos

Implement Weigh In: Los Altos

Events: experienced official for field events

Pole Vault: LG/SC

Hurdles: Monta Vista

Shot: Saratoga

Discus: Homestead

LJ/TJ Girls: Cupertino – wind gauge – Cupertino

HJ: SC/Fremont

LJ/TJ Boys: Milpitas – wind gauge - Milpitas

Turn Judges:

1st half (400m relay - 100m) 8 judges PA(2), Mt.V(3), G(2), LA(1)

2nd half (800m - 1600m relay) 8 judge W(2), L(3), F(2), S(1)

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.

13) League Meets

EL CAMINO League Trials and Finals

- a) El Camino League Host - Fremont H.S.
- b) Location – Fremont H.S.
- c) Days and time: Wed., April 24 & Fri., April 25, field events 3pm, running 3:30pm,
- d) Meet director: Mark Shields
- e) Duties

Starter: ?

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux

Jury of Appeals (3 + 2 alt.): Kirk Flatow (MV), Archie Ljepava (S), Paul Armstrong (C), alternates are Kenrick Sealy (H) and Julie L'Heureux (SC)

Clerk of the Course: Fremont

Block Crew: Monta Vista

Events:

Hurdles – Fremont

Shot – Saratoga

Discus – Homestead

LJ/TJ Boys – Santa Clara

LJ/TJ Girls - Cupertino

HJ – Wilcox

Chief Finish Line Judge: Monta Vista

Finish Line/Turn Judges: each school except Fremont, supplies 1 judge for both relays.

f) League Entries are due April 19 at 10pm.

DE ANZA League Trials and Finals

- a) De Anza League Meet – Los Altos H. S.

b) Location: Los Altos High School

c) Days and time: Tues., April 23 and Thurs., April 25, field events 3pm, running 3:30pm.

d) Meet director: Gerri Baldwin
e) Duties

Starter: ?

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Gerri Baldwin

Jury of Appeals (3 + 2 alt.): Milpitas, Lynbrook, Gunn;
alternates - Los Altos and Palo Alto

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

f) League Entries are due **April 19th at 10pm.**

