

SCVAL Track & Field Pre-Season Meeting 2020

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 – 2020, 2020 Number of League Entries for CCS – CCS Conference and League Alignment, CCS Tournaments Dates, League Responsibilities for CCS, Handout for East Bay T & F Clinic, Athletic T & F Super Clinic, CCS Preseason Meeting Agenda

- 1) Introductions
 - a) Athletic Director Liaison, Curt Johansen (Gunn)
 - b) League Reps: Julie L'Heureux – EC, ?? – DC *Gerri Baldwin (LA)*
 - c) Phone and email updates
 - d) 2019 Minutes

- 2) League Schedules
 - a) Start date – Feb. 3
 - b) First Scrimmage – Feb. 17, allowed 2
 - c) Roster submission – date? – athletic.net (Hank) *Feb 20th midnight*

- 3) By-Laws Update
 - A) Article II, Section 1 – 15 competitions change to 14 (CCS change) – no vote needed, update not done on by-laws but on schedules
 - B) Article IV, Section 3.1.2 – Winners from 1st 2 heats should add: for Tri or Multi school meets – clarification – no vote needed
 - C) Article V, Section 13 – Running events for Trials and Finals start at 4pm. At postseason meeting, the vote was for the finals day only.

- 4) SCVAL Constitution
 - a) Admission Charge for Division Meets, SCVAL:
\$8-general admission, \$5-students, seniors and children 6 and above, Free-children 5 and under from Article XVI, Section 1.1 in SCVAL Constitution

- 5) CCS Meeting
 - a) Semifinals – Sat., May 16 early start – Tentative Time 11am Running, 10am Field Events
Finals – Fri., May 22 – Tentative time 4pm – Field Events, 6pm Running Events. CCS is thinking of changing the meet to Sat., May 23 due to traffic concerns (Memorial Day weekend). Decision should be made by this Wednesday. Official Time Schedule will be published in April.
 - b) Site – Gilroy High School
 - 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 or online shop, 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) 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. Do we want to switch 1 HJ assignment for Boys Discus?

Trials

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Cupertino	Santa Clara
400m - 300m IH	Fremont	Saratoga
200m - 1600m relay	Lynbrook	Mt View
High Jump (2-3 workers)	Los Gatos	

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH		Wilcox & Homestead volunteered but I missed it.
400m - 300m IH	Los Altos	Paly...?
200m - 1600m relay	Monta Vista	
High Jump (2-3 workers)	Milpitas	

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.

- j) CCS Evaluation Meeting – Tues., June 2 at 4pm conference call
- k) Coach accompanying athletes (CIF rule)
- l) New League – PSAL – will get 2 qualifiers –

- now 34 automatic qualifiers - will address changes to entries at postseason meeting - options *only 3 advance to CCS*
- m) Sanctioned Meets - Implement Certification, Wind gauges - Big Meets, League/Championship Meets Mt. Sac, Arcadia - marks with wind gauge, implement checked. *in lanced race*
 - n) All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
 - o) 50% season long play rule to compete at CCS
 - p) CCS meet records were updated, wind-aided marks were nullified. *Not yet published*
 - q) Smart watches- CCS looking at making them illegal
 - r) Paralympics - CCS would like to add 2 events with separate races for boys and girls. They would like a minimum of 5-6 racers. Anyone have a candidate?
 - s) We need more starters for the section.
- 6) State Meet
- a) Trials, Fri., May 29, Finals, Sat., May 30
 - b) Buchanan High School, Clovis
 - c) CCS will mimic event order when possible
 - d) 800m - 2 heats, top 4 each heat, next fastest 4 CCS will keep 800m as is
- 7) NFHS Rule Changes
- a) Should have a copy of NFHS Track Rules Book, provided by the league. Should consider buying a copy of NFHS Track Officiating Book and a Case Book - \$10.00 each
 - b) Review CCS handout for rule changes - 2 major changes - 400m relay zones, Warm-ups for horizontal jumps and pole vault
- 8) a) 2020-2021 CIF Calendar - State meet will be on May 28 & 29, so CCS Trials & Finals are May 15, 21
- b) Feb. 1 start date, May 8, 2021 - last SCVAL event
- 9) Post Season Meeting - May ?
- a) Time - ?, location - SCHS *May 26th @ 4:00*
- 10) Other
- a) Andy Anderson Relays - Tues., Feb. 25 or 27, 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 - 4pm
 - c) First alternates for sprints & hurdles to League finals - show up or not eligible for SCVAL
 - e) 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.

- f) 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.

g) CCS Top 8 is Friday April 17

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) Discus is measured to the lesser inch.
- g) Meet Director should only direct the meet.
- h) All coaches need to help with meet management; unfortunately, we can't just coach our athletes.
- i) Starters have been requested from the scheduler – Mark Greenough – for Division Meets, SCVAL
- j) Hank Lawson is timing Leagues, SCVAL – keep him in the loop.
- k) Wind gauges should be used, implements weighed and checked.

11) SCVAL Championship Meet

- a) Fri. night, May 8
- b) Hank Lawson should send DAL & ECL results at conclusion of ECL 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 6 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,
- g) Meet Director: 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/ SC

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 12) 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 10 so that alternates may be notified. Keep checking your emails during this time period.

12) League Meets

a) League Host DAL - Lynbrook
EC - Cupertino

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 -

HJ -

Chief Finish Line Judge:

Finish Line/Turn Judges:

f) League Entries are due April 24?

13) Meeting adjourned