

Minutes of the SCVAL 2022 Track Preseason Meeting

Handouts

Handouts were sent electronically. They were SCVAL Track By-laws, DA & EC schedules, NFHS Track Rules Changes, 2022 CCS At-large Standards, and 2022 SCVAL Coaching List.

Attendance

The following coaches were in attendance: Julie L'Heureux(SC), Paul Armstrong (C), Mark Shields (F), Jonathan Hubbs (G), Kenrick Sealy (H), Gerri Baldwin (LA), Stephanie MacKenzie (LA), Paul Lawryk (LG), Bernie Ramos (L), Yohaness Estifanos (M), Franco Mannucci (M), Kirk Flatow (MV), Curtis Liang (MV), Andrew Morin (Mt.V), Michael Davidson (PA), Archie Ljepava (S), Lisan Douglas (W), Curt Johansen (G, AD Liaison), Hank Lawson (timer, website).

Introductions

Athletic Director Liaison, Curt Johansen (Gunn)

League Reps: Julie L'Heureux (SC) – EC, Stephanie MacKenzie (LA) - DC

The coaches were asked to update their phone and emails for the master list on LynbrookSports.com.

League Schedules and Start Dates

Start date: Jan. 31

First Scrimmage: Feb. 14, allowed 2, prior to the start of league meets

Roster submission: Feb. 25, athletic.net (Hank), Paul Armstrong volunteer to manage the SCVAL rosters.

By-Laws Update

Article II, Section 1: 15 competitions should be changed to 14 (CCS change) – no vote needed, remind AD Liaison to update the by-law at postseason meeting.

Article V, Section 14: needs to be updated due to Covid-19. It involves the rotation for hosting the league meets. Bring it up at the postseason meeting.

SCVAL Constitution

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.

CCS Meeting – Thurs., Jan. 27

Semifinals – Sat., May 14

Finals – Sat., May 21

Official Time Schedule will be published in April.

Officials for the field events should arrive at least 30 minutes before the start time for warm ups.

Officials must be present for safety issues during warm ups.

Job Assignments for CCS Semifinals and Finals: schools should provide a coach or knowledgeable adult for turn judging. They must stay until their shift is over and next shift shows up.

Trials

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

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Palo Alto	Los Altos
400m - 300m IH	Gunn	Mt. View
200m - 1600m relay	Monta Vista	Homestead
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.

CCS Evaluation Meeting – Tues., May 31 at 4pm

Coach of record must accompany their athletes to the state meet (CIF rule).

New League, PSAL, will get 2 qualifiers. BOM will vote on a proposal to keep 32 automatic entries in a few days. If it is approved, the automatic qualifiers from each league will be updated.

All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.

State Meet

Trials, Fri., May 27, Finals, Sat., May 28

Buchanan High School, Clovis

CCS will mimic event order when possible

NFHS Rule Changes

Every head coach should have a copy of NFHS Track Rules Book, provided by the league. Also, coaches should consider buying a copy of NFHS Track Officiating Book and a Case Book, \$10.00 each, at least every few years.

Please review NFHS handout for rule changes and clarification of some rules.

Post Season Meeting

The SCVAL Postseason meeting is May 9 at 6:30pm. The location will be either SCHS or a zoom meeting.

Other

Andy Anderson Relays will be Thurs., Feb. 17 at 3pm, participating schools are Santa Clara, Lynbrook, Cupertino, Homestead, Fremont and Wilcox.

Dual Meets, League Meets, SCVAL

Time schedule for dual meets, league and SCVAL is set by the By-laws.

Division Trials and Finals – Field – 3pm, Running – 4pm

The first alternates for sprints (100m, 200m and 400m) & hurdles (100/110m & 300ih) should be present at the League Finals to fill any lanes do to scratches. If there is a scratch and they don't run, they may be ineligible for the SCVAL meet.

Field events- Officials: should be experienced and show up at least 30 minutes prior to the start time of the event. Per CCS: no warming up at field events until an official is in place to supervise the contestants. Official needs to stay vigilante during warm ups and competition, please keep competitors and spectators in a safe area.

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. If there is a change of start time for a dual meet, the Home Head Coach is required to submit a Change of Schedule form.

Meet Directors for League Trials/Finals and SCVAL

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.

Turn Judges should be assigned for the whole meet.

There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.

Field Event Officials need to review the rules for checking out of an event and competing out of order. These rules are usually determined by the Games Committee (Head Coaches). Athletes should only compete out of order if they have a conflict with another event. If an athlete needs to go to another event, they may take jumps/throws out of order or multiple jumps/throws. They

should have a time limit on how long they may be gone from the event, usually around 10 minutes. For the high jump, if the competitor is gone too long, the official can decide to put the cross bar up to the next height. It is not fair to the athletes still jumping, to make them wait for a competitor to come back from another event. Competitors returning from a running event, should immediately check back in at their field event but the official should allow them a few minutes to recover.

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. NFHS rules state the maximum distance between cones should be 5 feet apart.

Discus is measured to the lesser inch; the field result checker should remove any quarter or half inches from the mark.

Meet Director should only direct the meet. All coaches need to help with meet management, unfortunately we can't just coach our athletes.

Starters have been requested from the scheduler, Mark Greenough, for Division Meets, SCVAL

Hank Lawson is timing Leagues, SCVAL: keep him in the loop by including him on all emails for the League Trials/Finals and SCVAL Meets.

Wind gauges should be used at the long and triple jumps and implements weighed and checked for the throws.

SCVAL Championship Meet

- a) Fri. night, May 6
- b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, Walt Van Zant, Curtis Liang and Stephanie MacKenzie. They will determine Top 16. Remember: goal is to get best athletes to the meet.
- c) Please send scratches by Wed., May 4 at 8:00pm to Hank Lawson and Julie L'Heureux
- d) Lane Assignments will be done Wed. Night
- e) Location – Santa Clara H.S.
- f) Start Times: 4:30pm field, 5:30pm running,
- g) Meet Director : Julie L'Heureux
- h) Starter: Leroy Milam
- i) Jury of Appeals (3 + 2 alt.): Mark Shields (F), Curtis Liang (MV), Bernie Ramos (L), alternates: Michael Davidson (PA), Kenrick Sealy (H)
- j) Job Assignments:
Timer: Hank Lawson
Results: Hank Lawson
Announcer: TBD
Field Event Result Checker: TBD (SC)
Clerk of Course: Margaret Demorest (SC)

Starting Clerk: Curtis Liang (MV)
Finish Line: Curtis Liang (MV)
Block Crew: Los Altos
Implement Weigh In: Los Altos
Events: experienced official for field events

Pole Vault: LG/SC
Hurdles: Monta Vista
Shot: Lynbrook
Discus: Homestead
LJ/TJ Girls - Cupertino
HJ: Fremont
LJ/TJ Boys: Gunn

Finish Line Judges:

Turn Judges:

1st half (400m relay - 100m) 8 judges - Wilcox (2), Mt. View (2), Saratoga (2), Palo Alto (1), Milpitas (1)

2nd half (800m - 1600m relay) 8 judges – Milpitas (2), LA (3), Palo Alto (2), Saratoga (1)
Snack Bar – Santa Clara (hopefully)

DAL – Lynbrook (has been changed to Palo Alto) The meet duties have been updated but other changes may be made by the new meet director.

- a) Location: Palo Alto
- b) Days and time: April 26 & 28, field events 3pm, running 4pm
- c) Meet director – Michael Davidson
- d) Duties

Starter: TBD

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: TBD

Head Field Judge (check field results)/Weigh-in: Gerri

Baldwin (LA), Lynbrook

Jury of Appeals (3 + 2 alt.): **Palo Alto**, Gunn, Homestead,

Alternates – Los Altos, Lynbrook

Clerk of the Course: **Palo Alto**

Block Crew: **Palo Alto**

Events:

Hurdles – **Palo Alto**
Shot – Homestead
Discus – Los Gatos
LJ/TJ Boys - Gunn
LJ/TJ Girls – **Lynbrook**
HJ – Milpitas

Chief Finish Line Judge: Palo Alto

Finish Line/Turn Judges:

Day 1 110H-100m (3) Palo Alto, Homestead, Milpitas

3200JVG-200m (3) Los Altos, Los Gatos, Lynbrook

Day 2 4x100-100m (3) Gunn, Homestead, Palo Alto

800-4x400 (3) Los Altos, Los Gatos, Milpitas

e) League Entries are due April 22 at 10pm

EC - Cupertino

a) Location: Cupertino

b) Days and time: April 27, April 29, field events 3pm, running 4pm

c) Meet director: Paul Armstrong

d) Duties

Starter: TBD

Timing: Hank Lawson

Scoring: Hank Lawson

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

Jury of Appeals (3 + 2 alt.): Curtis Liang (MV), Julie

L'Heureux (SC), Mark Shield(F), alternates: Archie Leave(S), Walt Van Zant(W)

Clerk of the Course: Cupertino

Block Crew: Monta Vista

Starting Line Judge: Curtis Liang (MV)

Events:

Hurdles – Cupertino

Shot – Fremont

Discus – Wilcox

LJ/TJ Boys - Saratoga

LJ/TJ Girls – Mt. View

HJ – Santa Clara

Chief Finish Line Judge: Curtis Liang (MV)

Finish Line/Turn Judges:

1st group: 4x100-100m: 1 from each school except Cupertino

2nd group: 800-4x400: 1 from each school except Cupertino

e) League Entries are due April 22 at 10pm.

Meeting adjourned at 5:40pm.