

SCVAL Track & Field Pre-Season Meeting 2022

Agenda

Handouts:(done electronically) SCVAL Track By-laws, DA & EC schedules, NFHS Track Rules Changes, 2022CCS At-large Standards, 2022 SCVAL Coaching List

- 1) Introductions
 - a) Athletic Director Liaison, Curt Johansen (Gunn)
 - b) League Reps: Julie L'Heureux (SC) - EC, Stephanie MacKenzie (LA) - DC
 - c) Phone and email updates
- 2) League Schedules
 - a) Start date - Jan. 31
 - b) First Scrimmage - Feb. 14, allowed 2
 - c) Roster submission - Feb. 25 - athletic.net (Hank), He would like a volunteer to manage the SCVAL rosters.
- 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 V, Section 14 - needs updating due to Covid
- 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 - Thurs., Jan. 27
 - a) Semifinals - Sat., May 14
Finals - Sat., May 21
Official Time Schedule will be published in April.
 - b) Officials - field events - at least 30 minutes before start for warm ups, officials must be present for safety during warm ups
 - c) 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	Santa Clara
400m - 300m IH		
200m - 1600m relay		
High Jump (2-3 workers)		

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)		

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.

- d) CCS Evaluation Meeting - Tues., May 31 at 4pm
 - e) Coach accompanying athletes (CIF rule)
 - f) New League - PSAL - will get 2 qualifiers -
BOM will vote on proposal to keep 32 automatic entries
 - g) All scrimmages must be held before first league
dual meet, otherwise it counts as 1 of your
contest.
- 6) State Meet
- a) Trials, Fri., May 27, Finals, Sat., May 28
 - b) Buchanan High School, Clovis
 - c) CCS will mimic event order when possible
- 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 NFHS handout for rule changes - clarification of
some rules
- 8) Post Season Meeting - May 9
- a) Time - 6:30pm, location - SCHS or zoom meeting
- 9) Other
- a) Andy Anderson Relays - Thurs., Feb. 17 or 27, 3pm
Participating schools are Santa Clara, Lynbrook, Cupertino,
and Homestead Fremont? Wilcox?.
 - 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.

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 6

b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, Walt Van Zant and Curtis Liang (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: TBD
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
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)

12) DAL - Lynbrook

b) Location: Lynbrook
c) Days and time: April 26&28, field events 3pm, running 4pm
d) Meet director - Bernie Ramos
e) 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: Lynbrook
Block Crew: Lynbrook

Events:
Hurdles - Lynbrook
Shot - Homestead
Discus - Los Gatos
LJ/TJ Boys - Gunn
LJ/TJ Girls - Palo Alto

HJ - Milpitas

Chief Finish Line Judge: Lynbrook

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

f) League Entries are due April 22 at 10pm

13) EC - Cupertino

b) Location: Cupertino

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

d) Meet director: Paul Armstrong

e) 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

Ljepave(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

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

14) Meeting adjourned