

Here is the Time Schedule for the running events:

Coaches Meeting at 4:00pm

6:00pm VG 100H

6:10pm VB 110H

6:20pm VG 4x800m Relay (only the winner goes to CCS)

6:40pm VB 4x800m Relay (only the winner goes to CCS)

7:00pm VG 300H

7:10pm VB 300H

Field Events:

5:00pm VG LJ

VB LJ

6:00pm VB HJ

Immediately following completion of the long jumps, we will start warm ups for the triple jump. The VB TJ may start warm ups by 5:30pm for first flight. VG TJ will hopefully start warm ups by 6:30pm for first flight. We will try to accommodate all the athletes, at the coaches meeting let us know who will be running late so we can put them in the later flight. If necessary we will increase the size of the 2nd flight so that the top 8 will still be in the top 8. The goal is to be done by 9pm. Also, if the boys finish competition first in the horizontal jumps, we can use both pits to finish the VG LJ trials if they are not done.

A reminder that the entries to CCS are due by Tuesday, May 7 at 9am. Please send scratches to myself, Stephanie and Jonathan and to the alternate's coach ASAP. I will need back up to make sure we get them in by 9am.

I am asking that all coaches pitch in tomorrow. Los Gatos will be in charge of the hurdles but everyone should help out. I need someone to run the HJ, I don't know if Darrin can do it. Cupertino and Lynbrook will run the horizontal jumps. Los Altos are in charge of getting the blocks from the 110h to the 300H. We should have some turn judges - Saratoga, Wilcox, Gunn, Monta Vista, Palo Alto, Mt. View. Hopefully Alejandra will be the announcer. When the meet is over, everyone please help get the hurdles to the fence line around the track.

Coaches:

This meet is being treated like a continuation of the meet on Saturday. Therefore no new entries for relays or changes in the relay members will be allowed. For the VB LJ, only the finalist will compete, there trials will carry over. Therefore Tyson Bonilla and Krish Gupta have surpassed the At-large standard and have qualified to CCS. They can choose to pass on all their jumps.

The VG LJ will be a new competition and everyone will get 3 attempts and the top 8 will get 3 more. The following girls were either no shows or scratched and will not compete: Andi Porter (SC), Anna Rodden (Gunn) and Sonya Kuzmicheva (PA). That leaves us with 13 competitors.

The rest of the the field events had no competition so the same rules as Saturday. If there is a scratch, the alternate can get in.

For the 100H and 110H, there was a scratch in both division and 1 no show. In the VB 110H, Jacob Sherman (LG) scratched and 1 no show Keshav R. (H), the 2 alternates: Santiago Rangel and Darren Dumlao both checked in. Santiago is definitely in. I would assume the same for Darren. For the VG 100H, Bridget Moore scratched and Jiah Jung (S) took her spot.

The 300h hurdles heats were cancelled before check in so all 16 competitors are still in.

Since the last date for a SCVAL meet is May 4th, Brad Metheany, League Commissioner, got us an extension for some events to run on Monday for safety reasons. Therefore, due to an unfair advantage of our 4x800 relays running tomorrow on fresh legs, only the automatic qualifier in the 4x800m relay will move on to CCS. This ruling came from CCS and Brad did fight for us, but he was denied. I am sorry about this whole mess.

SCVAL Championship Meet
Saturday, May 4th, 2024 Santa Clara H.S.

Running Events*:

11:00am VG 400 Meter Relay
11:06am VB 400 Meter Relay
11:12am VG 1600 Meters Run
11:21am VB 1600 Meters Run
11:32am VG 100 Meter Hurdles
11:40am VB 110 High Hurdles
11:46am VG 400 Meters
11:52am VB 400 Meters
11:58am VG 100 Meters
12:04pm VB 100 Meters
12:10pm VG 800 Meters
12:20pm VB 800 Meters
12:33pm VG 300M Hurdles
12:40pm VB 300M Hurdles
12:46pm VG 200 Meters
12:52pm VB 200 Meters
12:58pm VG 4x800 Meter Relay
1:14pm VB 4x800 Meter Relay
1:30pm VG 3200 Meters Run
1:46pm VB 3200 Meters Run
2:02pm VG 1600 Meter Relay
2:14pm VB 1600 Meter Relay

Field Events:

8:30am Check in/Warm ups
9:00am Boys Discus
Girls Shot Put

9:30am Check in/Warm ups
10:00am Girls Long Jump
Boys Long Jump
Girls High Jump
Co-ed Pole Vault

10:30am Check-in/Warm ups**
10:45am Boys Shot Put
Girls Discus

11:30am Check-in/Warm ups**
12:00pm Girls Triple Jump
Boys Triple Jump
Boys High Jump

*If Boys' Discus is not over by 11am, Running Events will be delayed. We will not run more than 10 minutes ahead of schedule.

**Or immediately following completion of previous event

Field Throws Officials Meeting
Field Jumps Officials Meeting
Coaches Scratch Meeting
Implement Weigh-ins for:

8:15am @ Clerks Tent
9:15am @ Clerks Tent
9:00am @ Clerks Tent
9:00am events ~ 8:00-8:30am
10:45am events ~ 10:00-10:30am

M- monitors for gate

Discus Area - line of flags
or orange fencing
will use weight bags to hold
done poles - (made for turf)
G-gate will be open



- 1) Timer Station - computer, tripod with camera, small solar panels
Needs table, canopy, 2 chairs, 4 hurdles & flags.
- 2) Holding area for athletes.
need to sideline benches, canopy
- 3) Clerk of the course
needs 2 tables - 2-4 chairs, canopy

- 4) Wind gauge on tri-pod - cones (4)
- 5) 2 wind gauges on tri-pod
needs 2 chairs
C, B - Coaches Box - will use marking chalk
I - plyo box for weigh-ins (in shed)

WARM-UP Area

Santa Clara High School Softball Field temporarily closed

Coaches:

Here is the assignments for the turn judges:

1st half (400m relay-100)

Zone 1 - Saratoga, Wilcox

Zone 2 - Monta Vista, Palo Alto

Zone 3 - Mt. View, Gunn

Homestretch -MacDonald

2nd half (800-1600m relay)

Zone 1 - Monta Vista, Palo Alto

Zone 2 - Mt. View, Gunn

Zone 3 - Saratoga, Wilcox

Zone 4 - Los Altos

Attached is information for the turn judges, please make sure they read it. It also contains information for the field officials. I have a set of red flags and a set of yellow flags so 1 judge won't get a flag. If you see anything that you believe to be a DQ, tell the starter and they will decide if it is. Turn judges are working and should not coach while working.

Also, help keep the infield cleared of athletes and coaches (not working a meet job). 1st half turn judges should report to start area by 10:45am to get a flag.

Also, at least at the beginning of the meet, athletes, coaches and workers will go through a separate gate. The gate near the gym building. Please send me the number of coaches and workers you will have. When they go through, we will keep a count of the coaches and workers for each school, once you reach your max., anyone else will be asked to pay. I want to keep coaches and workers separate so send me the number of coaches you have and the number of workers. Keep the number realistic. Remember CCS only allow 5 free coaches. Head coaches remind your workers and coaches to be kind to the people working the gate. Send it by noon on Friday.

Reminder: The infield is to be cleared of athletes and coaches. This is to get us ready for CCS, where they won't allow Coaches and athletes in the infield.

Also, remind your coaches and athletes about the profanity rule and being disrespectful to officials. We had an incident at EC League Finals where a coach was disrespectful to an official, if it happens at SCVAL, the coach will be asked to leave the event.

Please forward this link to your parents so that they can buy their tickets ahead of time.

SC wifi is not the best. They must buy their tickets online.

<https://gofan.co/event/1513285?schoolId=CA23052>

Turn Judges

Please help with hurdle set up if in your area. Thanks.

Some Infractions to look for:

Relay Infractions – Passing outside the exchange zone

- 1) Drop Baton – outside exchange zone must be retrieved by runner who dropped it
- 2) Drop Baton – inside exchange zone, if a legitimate attempt is made to pass it, either runner can pick it up as long as the baton is retrieved within the original exchange zone extended across the track. Also they cannot interfere with the other runners.
- 3) Lane infractions – running on the inside of the lane or curb for three or more consecutive steps with either or both feet
- 4) Lane infractions – interfering with other runners by running outside their lane
- 5) Break line – taking 1 or more steps outside their lane before the break line
- 6) Running inside the track curb to gain an advantage over a competitor by improving position or shortening the course
- 7) Impeding a runner by crossing their path and not being a full stride ahead
- 8) Hurdling Infractions – knocks down hurdle by hand
- 9) Advances or trails a leg or foot along the side of and below the height of the hurdle
- 10) Does not attempt to clear each hurdle.
- 11) Interferes with another hurdler, knocks hurdle into another lane which interferes with the runner
- 12) Please read the rules on next page on the 4x400 relay so you know what interference to look for.

These are just some to look for. If you see any infractions, report them to the Meet Referee (starter) and he will rule whether it is a DQ.

maintain line in their respective lanes to help the judges in their decisions.

2. THREE-TURN STAGGER START: 4x400 METER RELAY GUIDE CARD

Runner No. 1 — Must run in his/her lane all the way. The line on the left is the curb line; stay off of it, do not run on it.

Runner No. 2 — No. 2 shall receive the baton in the lane in which he/she is assigned. After receiving the baton, No. 2 must run the curve in his/her lane until the break line. Runner No. 2 may move towards the inside curb provided he/she does not impede, interfere or have physical contact with opposing runners.

Incoming runner Nos. 2 to 3 and 3 to 4 need to watch their teammate as he/she comes around the curve. It is the incoming runner's responsibility to line up with his/her teammate. **It is the incoming runner's responsibility to avoid impeding outgoing runners.**

Runner Nos. 1, 2, 3 — After handing off the baton, stay in their lane; don't leave or exit the track until all lanes are clear and, if bumped while in their lane, it is "legal". But if they are bumped out of their lane, illegal; disqualification.

Runner Nos. 2, 3, 4 — The inside line on the track is the curb line; stay off of it, do not run on it. If the competitor runs three consecutive steps with one or both feet on this line on the curve, his/her team shall be disqualified.

Runner No. 4 — No. 4 should not throw the baton after he/she crosses the finish line. The team shall be disqualified.

EXCHANGE ZONE. Acceleration zone may not be used.

FIELD JUDGES

We will hold two flights for the long jump, triple jump, discus, and shot put with the athletes with the top 8 marks competing in the second flight and all remaining athletes competing in the first flight. All athletes will initially receive three attempts in their event. If there are 12 or fewer athletes upon check-in, the official can combine the athletes into 1 flight.

After all athletes have had three attempts in their event; the top 8 will receive three additional attempts. If there is a tie for 8th place, both will advance to the finals. They will compete in reverse order of their place after the initial three attempts. Please double-check your work or have someone else check it.

Officials at the SP and Discus should make sure the throwing area is cleared before calling the next competitor to the ring.

Please measure the discus' marks to the lesser inch as per NFHS rules.

The top 5 boys and top 6 girls qualify to CCS Trials.

All high jump qualifiers and pole vault qualifiers will compete in one flight.

If there is a tie for the last qualifying place in the HJ to the CCS semifinals, then the tie will be broken by a jump off in accordance with Rule 2-2-2-b-4 of the National Federation Track and Cross Country rules.

Upon check in, the field official should confirm with the athletes if there is any conflicts with other events. The athletes can take multiple jumps in a row if they have another event at the same time.

For athletes checking out to go to a running event, they can only check out 10 min. prior to their event. The official should note the time of check out on the results sheet. Upon completion of their other event, the athlete has up to 10 min. to recover before competing

again. A time schedule is attached. The running events will run no more than 10 min. ahead of schedule.

At the end of competition, the results should be taken to the scoring table

Please forward this link to your parents so that they can buy their tickets ahead of time. SC wifi is not the best. They must buy their tickets online.

<https://gofan.co/event/1513285?schoolId=CA23052>

hank lawson

From: "JIM & JULIE LHEUREUX" <jolheureux@aol.com>
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Sent: Saturday, April 27, 2024 11:22 AM
Attach: 2024 SCVAL Qualifiers.xlsx
Subject: 2024 Qualifier List
 Coaches:

Attached is the 2024 Qualifiers List. New this year is the list of relay members are included from the League Finals. If that is the correct names and order, then you only have to send in the alternates.

Please send in any Pole Vaulters and also 4x800 relays. Please estimate final times for your 4x8 relay and include the 4 members in order and up to 4 alternates.

You can send in scratches for both competitors and alternates. Send to Jonathan Hubbs and myself and also the coach of the next alternate.

Jonathan Hubbs will put the list on google docs so that you can see the scratches as they come in. If you alternate athlete gets in, confirm that they will compete. We will take scratches until Wednesday at 8pm. At the time, Hank will make the final program.

Once the program is created. We will handle late scratches by the following method:

If scratch is from slow heat, the next alternate will fill the spot.

If scratch is from fast heat, the fastest runner in the slow heat will move up to take the spot and their lane will be filled by the next alternate.

There is only 4 alternates, once they are all seeded, lanes will be left empty. Please don't request to add someone because of an open lane.

More information will be coming soon.

Julie

SCVAL Championship Meet - Santa Clara H_S_.txt

Coaches:

The 2024 SCVAL Championship Meet will be held at Santa Clara H.S. on Saturday, May 4. They are almost done with construction on the new visitor side bleachers. The job assignments are listed at the end of the email.

Field Officials should show up in the stadium at least 45 minutes before start time, 30 minutes before start time - they should start check in and warm ups. The first official throw for Shot Put and Discus should be at 9am. For the long jumps (boys and girls and the high jump, first official jumps should happen at 10am. Although we try to follow the same schedule for field events as CCS, due to discus being on the infield, the VB discus will go first. Hopefully they can complete the event by 11am so we can start the running events on time.

Please bring enough people to run your event. I will supply the measuring tapes, clipboard, pencil, field sheets, rules and alternate list. Turn judges are expected to be at their location the whole time until they are replaced with the second round of turn judges. I have flags for each area but not 1 for each judge.

There will be a snack bar.

I will send more information later in the week along with a schedule of events. Please forward this email to your assistant coaches.

Thanks.

Julie L'Heureux

Job assignments below:

SCVAL Championship Meet

a) Saturday, May 4

b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, 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 6 at 8:00pm to

Hank Lawson, Julie L'Heureux and Jonathan Hubbs, who will maintain a spreadsheet of entries and scratches.

d) Lane Assignments will be done Wed. Night, 8pm.

e) Location - Santa Clara, construction almost done.

f) Start Times: 9am Field, 10am Jumps, 11am for Running

g) Meet Director: Julie L'Heureux

h) Starter: Jeff Gallero

i) Jury of Appeals (3 + 2 alt.): Bernie Ramos (L), Kenrick Sealy (H), Jonathan Hubbs (Mt. V), alternates: Michael Davidson (PA) and Danny Colton (LG)

j) Job Assignments:

Timer: Hank Lawson

Results: Hank Lawson

SCVAL Championship Meet - Santa Clara H_S_.txt
Announcer: Alejandra Flores (F)

Field Event Result Checker: TBD (SC)

Clerk of Course: Margaret Demorest (SC), Janet S. (SC),

Starting Clerk: Curtis Liang (MV)

Finish Line: Curtis Liang (MV)

Block Crew: Los Altos (can LA bring their instrument to verify the shot and discus)

Implement weigh In: Milpitas

Events: experienced official for field events

Pole Vault: LG

Hurdles: Los Gatos

Shot: Homestead

Discus: Fremont

LJ/TJ Girls: Cupertino

HJ: MacDonald

LJ/TJ Boys: Lynbrook

Finish Line Judges:

Turn Judges:

1st half (400m relay - 100m) 7 judges - S-1,W-1,MV-1,PA-1, Mt.V-1,G-1,LA-1

2nd half (800m - 1600m relay) 7 judges - S-1,W-1,MV-1,PA-1, Mt.V-1,G-1,M-1

Snack Bar - SC