

Minutes of SCVAL T & F Preseason Meeting 2024

Handouts:(done electronically) SCVAL Track By-laws, CCS Track Agenda with links to 12 handouts: CCS By-laws, NFHS Track and Field Pre-Meet Notes 2023 and 2023 CCS Draft Schedule to name a few. Hard copies given at meeting: State At-Large Standards, Hardship Request, SCVAL At-Large Standards for Hardship, Postseason CCS Track Committee Report, NFHS T&F Rule Changes & Points of Emphasis (Appendix will have links or PDFs of the handouts).

Attendance

The following coaches were in attendance: Julie L'Heureux(SC), Paul Armstrong (C), Mark Shields (F), Jonathan Hubbs (Mt.V), Kenrick Sealy (H), Stephanie MacKenzie (LA), Kent Kappen (LG), Bernie Ramos (L), Franco Mannucci (M), David Sciplin (MV), Curtis Liang (MV), Michael Davidson (PA), Kathy Tippetts (S), David Garza (W), Danny Colton (LG), Karen Saxena (G), Darrin Garcia (KM), Doug Costa (C), Khoi Tran (H), Adam Miranda (F), Curt Johansen (G, AD Liaison), Hank Lawson (timer, website).

Introductions

Athletic Director Liaison, Curt Johansen (Gunn)
League Reps:EC-Julie L'Heureux (SC), DA-Stephanie MacKenzie (LA)
Coaches updated their phone and email for the master list.

League Schedules and Start Dates

Start date – Jan. 29

First Scrimmage – Feb. 12, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.

1st contest: Feb. 19, 14 contest allowed for individuals or team

Roster submission – Feb. 22 by 11:59pm – athletic.net

League Entries will be submitted on athletic.net, accept invitation on your athletic.net account.

By-Laws Update

New: Article V, Section 1.2 – Athletes must compete in at least 50% of the dual meet season to compete at the league meet, similar to CCS season of play rule. There are exceptions for illness, injuries and transfers, must be voted on and cleared by League Commissioner.

Article VIII, Section 3 that was submitted by the coaches last meeting was not approved.

Article VIII, Section 1.5 – updated SCVAL standards and request form. SCVAL Standards can be found in the appendix.

Also, the League changed the F/S boys to JV boys so Juniors can compete in this division, Seniors must compete Varsity.

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 in SCVAL Constitution

CCS Meeting – Tues., Jan. 16

Semifinals – Sat., May 11 @ Gilroy H.S.

Finals – Sat., May 18 @ Gilroy H.S. Official Time Schedule will be published in April.

- 1) 4x800m relay: updated CCS By-law - Section 3, Article 5
- 2) Section 4,B-2 – proposal submitted by SCVAL – perfect ties in vertical jumps to finals if less than 3, moving through approval process. Proposal has been approved.
- 3) Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers.
- 4) CCS At-large times are in CCS By-laws.
- 5) SCVAL automatic entries: 5 for boys, 5 for girls
- 6) LJ/TJ Coaches will get a field pass from their athlete, may have special box for coaches with conflict between horizontal jumps and the high jump.
- 7) Officials(field events) must arrive at least 45 minutes before start for warm ups, safety issue.
- 8) 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. Must pick up wrist band to officiate inside the track. Different colors will be used for Trials and Finals.

Trials

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

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
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400m relay - 110m HH	Monta Vista	Los Altos
400m - 300m IH	Fremont	Wilcox
200m - 1600m relay	Gunn	Palo Alto
High Jump (2-3 workers)	Homestead	MacDonald (official)

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.

Head Coaches sign-in, a total of 5 coaches are free, all officials get in free.

Spectators: use Go-Fan for tickets

CCS Evaluation Meeting – Tues., May 28

Coach accompanying athletes (CIF rule)

CIF/CCS pass is good for all CCS Invitationals. You must accept the pass.

NFHS 2023 T&F Pre-Meet Notes

Steve Filios will be the new official interpreting the T&F rules. Hal Harkness has retired.

Don Collins talked about recruiting more Track Officials. There is a severe shortage in the CCS. He is supposed to send a flyer out.

State Meet

Trials, Fri., May 24, Finals, Sat., May 25

Buchanan High School, Clovis

CCS will mimic event order when possible

State At-large standards – see handout in appendix

Top 9 scores

NFHS Rule Changes

Should have a copy of NFHS Track Rules Book, 1 copy is provided by the league. Should consider buying a copy of NFHS Track Officiating Book and a Case Book – \$10.00 each.

Rule changes and points of emphasis handouts in the appendix.

Post Season Meeting

Is scheduled for May 13, 7pm at Santa Clara H.S.

Other

Andy Anderson Relays – cancelled due to construction.

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) We have confirmed starters for all 5 meets.
- j) Hank Lawson is timing Leagues, SCVAL – keep him in the loop.
- k) Wind gauges should be used, implements weighed and checked.

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, currently has construction on new bleachers that is blocking half the back stretch, jump pits and pole vault area. Back up is Los Gatos.
- f) Start Times: 9am Field, 10am Jumps, 11am for Running
- g) Meet Director: Julie L'Heureux, Danny Colton: if meet is held at L.G.
- 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) if he is not the Meet Director

j) Job Assignments:
Timer: Hank Lawson
Results: Hank Lawson
Announcer: Alejandra Flores (F)
Field Event Result Checker: TBD (SC)
Clerk of Course: Margaret Demorest (SC), Janet S. (SC), LG?
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, back up (LG)

League Information

- a) Division meets: DAL - Lynbrook, ECL - Monta Vista
- b) Time schedule - Set by the By-laws
Division Trials and Finals - Field - 3pm, Running - 4pm
- c) First alternates for sprints & hurdles should show up at League finals in case there is a scratch, failure to show up could result in not being eligible for SCVAL.
- d) Field events- Only adults should be officials for the field events, students may be helpers. Also, they should be well qualified to run the event.
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.
- 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) MacDonald H.S. will compete in the JV girls and JV boys divisions only.
- g) During league trials and finals discussion, please have discussion on dual meet schedule so coaches can finalize their schedule.

DAL – Lynbrook

- b) Location: Lynbrook
- c) Days and time: April 23 & 25, field events 3pm, running 4pm
- d) Meet director – Bernie Ramos
- e) Duties
Starter: Steve Villegas, Matt Villegas
Timing: Hank Lawson
Scoring: Hank Lawson
Announcer: TBD
Head Field Judge (check field results)/Weigh-in: Los Altos
Jury of Appeals (3 + 2 alt.): Homestead, Mt. View, Gunn
Alternates – Palo Alto, Lynbrook
Clerk of the Course: Lynbrook
Block Crew: Lynbrook

Events:

- Hurdles – Lynbrook
- Shot – Homestead
- Discus – Los Gatos
- LJ/TJ Boys – Palo Alto
- LJ/TJ Girls – Los Altos
- HJ – Mt. View

Chief Finish Line Judge: Lynbrook

Finish Line/Turn Judges:

- Day 1 110H-100m (3) – Gunn (2), Homestead (1)
3200JVG-200m (3) – Palo Alto (1), Lynbrook (1), Los Altos (1)
- Day 2 4x100-100m (3) Los Gatos (2), Palo Alto (1)
800-4x400 (3) Gunn (2), Los Gatos (1)

- f) League Entries are due April 21 at noon.

EC – Monta Vista

- b) Location: Monta Vista
- c) Days and time: April 24, April 26

- field events 3pm, running 4pm
d) Meet director: David Sciplin
e) Duties

Starter: Steve Villegas & Matt – Wed., Jorn Jensen – Fri.
Timing: Hank Lawson
Scoring: Hank Lawson
Head Field Judge (check field results): Julie L'Heureux
Jury of Appeals (3 + 2 alt.): Adam Miranda (F), Paul
Armstrong (C), Darrin Garcia (KM)
alternates: Julie L'Heureux (SC), Kathy Tippetts (S)
Clerk of the Course: Monta Vista
Block Crew: Wilcox
Starting Line Judge: Curtis Liang(MV)
Weigh-ins: SC
Events:

Hurdles – Monta Vista
Shot – Fremont
Discus – MacDonald
LJ/TJ Boys – Saratoga
LJ/TJ Girls – Cupertino
HJ – Milpitas

Chief Finish Line Judge: Curtis Liang(MV)

Finish Line/Turn Judges:

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

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

- f) League Entries are due April 21 at noon.

Meeting adjourned.

Appendix

For the SCVAL Track By-laws and Hardship Request use this link:

<http://www.scval.com/index.html>

For the CCS Track By-Laws, Postseason CCS Track Committee Report
use this link:

<https://cifccs.org/sports/track/index>

For NFHS T&F Rule Changes and Point of Emphasis go to this link
and scroll down to T&F/XC Resources:

<https://www.nfhs.org/activities-sports/track-fieldcross-country/>

SCVAL Hardship 2024
Standards

Boys	2024
100m	11.42
200m	23.51
400m	52.97
800m	02:03.40
1600m	04:30.10
3200m	09:46.55
110HH	16.51
300IH	42.50
Long Jump	20' 0"
Triple Jump	39' 2"
High Jump	5' 5.25"
Shot Put	38' 11.25"
Discus	112' 11"

Girls	2024
100m	13.26
200m	27.21
400m	01:03.05
800m	02:26.53
1600m	05:20.72
3200m	11:33.51
100HH	17.32
300LH	50.52
Long Jump	15' 8.5"
Triple Jump	33' 1"
High Jump	4' 6"
Shot Put	28' 10.75"
Discus	91' 11"

State Meet Qualifying

The Top 3 finishers in each of the following events advance automatically to the CIF State Meet:

- 100, 200, 400, 800, 1600, 3200, 100/110H, 300H, 4x100 Relay, 4x400 Relay, LJ, TJ, HJ, PV, SP and DT

The Top 2 finishers in the following event advance automatically to the CIF State Meet: (must meet CIF State minimal qualifying time)

- 4x800 Relay

The Top finisher in the following events advance automatically to the CIF State Meet:

- Unified 100, Unified 4x100 Relay, Unified Shotput

Additional at-large qualifiers will advance if the CIF At-Large Standard is achieved in an event at the CCS Finals

2024 CIF At-Large Standards

	Boys:	Girls:		Boys:	Girls:
100	10.61	11.94	4x100R	41.77	48.11
200	21.51	24.62	4x400R	3:19.91	3:53.70
400	48.50	56:22	LJ	22-08	18-05
800	1:54.10	2:13.79	TJ	45-07.75	38-00.25
1600	4:13.24	4:51.10	HJ	6-06	5-06
3200	9:04.22	10:32.50	PV	15-00	12-03
100/110H	14.40	14.48	Shot Put	55-11.50	40-05
300H	38.45	43.77	Discus	171-06	142-11

Note: There are no at-large entries in the 4x800 or Unified Events

SCVAL Track & Field Pre-Season Meeting 2024

Agenda

Handouts:(done electronically) SCVAL Track By-laws, CCS Track Agenda with links to 12 handouts: CCS By-laws, NFHS Track and Field Pre-Meet Notes 2023 and 2023 CCS Draft Schedule to name a few. Hard copies given at meeting: State At-Large Standards, Hardship Request, SCVAL At-Large Standards for Hardship, Postseason CCS Track Committee Report, NFHS T&F Rule Changes & Points of Emphasis

- 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. 29
 - b) First Scrimmage - Feb. 12, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
 - c) 1st contest: Feb. 19, 14 contest allowed for individuals or team
 - d) Roster submission - Feb. 22 by 11:59pm? - athletic.net
 - e) League Entries - athletic.net, accept invitation

Mtn View, Wilcox, MacDonald need to ACCEPT.

- 3) By-Laws Update
 - a) New: Article V, Section 1.2 - Athletes must compete in at least 50% of the dual meet season to compete at the league meet, similar to CCS season of play rule. There are exceptions for illness, injuries and transfers, must be voted on and cleared by League Commissioner.
 - b) Article VIII, Section 3 that was submitted by the coaches last meeting was not approved.
 - c) Article VIII, Section 1.5 - updated standards and request form.

JVB will throw 10lb shot and run 65H. It is a division name change only.

We will go up/down every year for league re-assignment.

- 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 in SCVAL Constitution

- 5) CCS Meeting - Tues., Jan. 16
 - a) Semifinals - Sat., May 11 @ Gilroy H.S.
Finals - Sat., May 18 @ Gilroy H.S.
Official Time Schedule will be published in April.
 - b) 4x800m relay: updated CCS By-law - Section 3, Article 5
 - c) Section 4,B-2 - proposal submitted by SCVAL - perfect ties in vertical jumps to finals if less than 3, moving through approval process.
 - d) Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers.

Contact Hank by Feb 22 if you will have a Unified or Ambulatory athlete at Division finals.

- e) CCS At-large times in CCS By-laws
- f) SCVAL automatic entries: 5 for boys, 5 for girls
- g) LJ/TJ Coaches will get a field pass from their athlete, may have special box for coaches with conflict between horizontal jumps and the high jump.
- h) Officials - field events - at least 45 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. Must pick up wrist band to officiate inside the track. Different colors will be used for Trials and Finals.

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>
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400m relay - 110m HH

400m - 300m IH

200m - 1600m relay

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.

- j) Head Coaches sign-in, first 5 coaches free, all officials are free
- k) Spectators: use Go-Fan for tickets
- l) CCS Evaluation Meeting - Tues., May 28
- m) Coach accompanying athletes (CIF rule)
- n) CIF/CCS pass is good for all CCS Invitationals. You must accept the pass
- o) NFHS 2023 T&F Pre-Meet Notes
- p) Steve Filios will be the new official interpreting the T&F rules. Hal Harkness has retired.
- q) Don Collins talked about recruiting more Track Officials. He is supposed to send a flyer out.

6) State Meet

- a) Trials, Fri., May 24, Finals, Sat., May 25
- b) Buchanan High School, Clovis
- c) CCS will mimic event order when possible
- d) State At-large standards - see handout
- e) Top 9 scores

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) Rule changes and points of emphasis (handouts)

Review new F/S rule with non-USATF officials for your duals.

8) Post Season Meeting - May 13

- a) Time - 7:00pm, location - SCHS

9) Other -

- a) Andy Anderson Relays - Thurs., Feb. 29, 3pm if construction is completed. Decision will be made no later than Feb. 15. Participating schools are Santa Clara, Cupertino, Fremont, and Wilcox? Please confirm your participation with Julie.
- b) Rustbuster - There are openings, contact Monta Vista.

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.

Have a field event checker for dual Meets.

Field athletes must check in with athlete ID # in addition to their name.

- 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) We have confirmed starters for all 5 meets.
- 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) 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 (spreadsheet) - YES.
- d) Lane Assignments will be done Wed night. May 1st 8:00 pm scratches are due.
- e) Location - Santa Clara, currently has construction on new bleachers that is blocking half the back stretch, jump pits and pole vault area. Back up is Los Gatos.
- f) Start Times: 9am Field, 10am Jumps, 11am for Running
- g) Meet Director: Julie L'Heureux, Danny Colton if it is held at L.G.
- h) Starter: Jeff Gallero
- i) Jury of Appeals (3 + 2 alt.):
- j) Job Assignments:
 Timer: Hank Lawson
 Results: Hank Lawson
 Announcer: TBD
 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: LA
 Implement Weigh In:
 Events: experienced official for field events
 Pole Vault: LG
 Hurdles: LG
 Shot: Home
 Discus: Fre
 LJ/TJ Girls - Cupertino
 HJ: Mac
 LJ/TJ Boys: Lyn
 Finish Line Judges:
 Turn Judges:
 1st half (400m relay - 100m) 8 judges -
 2nd half (800m - 1600m relay) 8 judges -
 Snack Bar - SC, back up (LG)

12) League Information

- a) Division meets: DAL - Lynbrook, ECL - Monta Vista
- 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
- d) 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.
- 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) MacDonald H.S. will compete in the JV girls and JV boys divisions only.
- g) During league trials and finals discussion, please discuss dual meet schedule.

13) DAL - Lynbrook

- b) Location: Lynbrook
- c) Days and time: April 23 & 25, field events 3pm, running 4pm
- d) Meet director -
- e) Duties

Starter: Steve Villegas, Matt Villegas (?)

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: TBD

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

Jury of Appeals (3 + 2 alt.):

Alternates -

Clerk of the Course: Lynbrook

Block Crew:

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls -

HJ -

Chief Finish Line Judge: Lynbrook

Finish Line/Turn Judges:

Day 1 110H-100m (3)

3200JVG-200m (3)

Day 2 4x100-100m (3)

800-4x400 (3)

f) League Entries are due April ?? at 10pm

- 14) EC - Monta Vista
b) Location: Monta Vista
c) Days and time: April 24, April 26
field events 3pm, running 4pm
d) Meet director: David Sciplin
e) Duties

Starter: Steve Villegas & Matt - Wed., Jorn Jensen - Fri.

Timing: Hank Lawson

Scoring: Hank Lawson

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

Jury of Appeals (3 + 2 alt.):

alternates:

Clerk of the Course: Monta Vista

Block Crew:

Starting Line Judge: Curtis Liang(MV)

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls -

HJ -

Chief Finish Line Judge: Curtis Liang(MV)

Finish Line/Turn Judges:

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

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

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

- 15) Meeting adjourned



CENTRAL COAST SECTION TRACK & FIELD



Organizational Meeting January 16, 2024

Join Zoom Meeting

<https://us02web.zoom.us/j/88241104493?pwd=Zmt0dzQ0S1RLNkkzUGlrK1dRZzJXZz09>

Meeting ID: 882 4110 4493

Passcode: 011480

Dial by your location

• +1 669 900 6833 US (San Jose)

I. Welcome & Introductions

- A. Roll of League Representatives
- B. Guests
- C. Presentation by Pacific Association USATF – Don Collins

II. Review of Tournament Guide Dates

- A. 2024 Important Dates:
 - Practice start date: Monday, January 29
 - 1st scrimmage date: Monday, February 12
 - 1st contest date: Monday, February 19
 - Last contest date: Saturday, May 4
 - CCS Entries due: Tuesday, May 7
- B. Meets:
 - *Semifinals*: Saturday, May 11, @ Gilroy HS
 - *Finals*: Saturday, May 18 @ Gilroy HS
- C. State Meet Dates:
 - *Semifinals*: Friday, May 24, @ Buchanan HS
 - *Finals*: Saturday, May 25 @ Buchanan HS
- D. Evaluation Meeting: Tuesday, May 28, 4 pm (via zoom)

III. CCS Meet

- A. [Participating School Sheet](#)
- B. [Review Bylaws](#) & [2023 Committee Report](#)
 - 4x800 (update)
 - Unified events (update):
 - 4 X 100
 - 100
 - Shotput
 - [CCS At-large times](#)
 - League responsibilities-meet officials
- C. Meet/ time schedule (discussion item)
 - Semifinals: Field events: 10:00 am; Track events: 11:00 am
 - Finals: Field events: 3:00 pm; Running events: 4:45 pm

- D. Admission
 - Coaches sign-in
 - Admission for Coaches/Athletes
 - Spectators

- E. Other Items
 - Check-in
 - Head coach sign-in
 - Coaches accompanying athletes
 - Warm-up area
 - Clerk of the Course
 - Field Event Officials check-in
 - Award Procedure for finals
 - Participation Certificates
 - CCS online store
 - Other items of concern

IV. Additional information

A. [Sanctioned invitational meets](#)

1. Implement certification
2. Wind gauges
3. Horizontal Jumping Pits – commentary/guidelines
4. Coaches accompanying athletes
5. CCS/CIF Passes

B. League meet schedule & hosts

C. NFHS Rules

1. [NFHS Rule changes](#)
2. [Track & Field Point of Emphasis](#)
3. [NFHS Comments on the Rules](#)
4. [NFHS Uniform Rules](#)

D. [NFHS/USATF Track and Field Meet Notes](#)

The NFHS has released the 2023 Track and Field Pre-Meet Notes, a web-based, preseason publication. The NFHS Track and Field Rules Committee has identified a strong need for training and educational materials for track and field officials and the many volunteers who work our interscholastic meets. This publication is designed to cover the rules for both coaches and officials.

E. 2024-25 (Periodic shift in calendar)

- Practice start date: Monday, February 3
- 1st scrimmage date: Monday, February 10
- 1st contest date: Monday, February 24
- Last contest date: Saturday, May 10
- CCS Semifinals: Saturday, May 17
- CCS Finals: Saturday, May 24
- CIF State Meet: Friday & Saturday, May 30 & 31

V. Adjournment



Track & Field By-Laws

ARTICLE I Governing Rules

- Section 1** The National Federation Rules shall be followed unless specifically changed in these By-Laws or by the CIF Federated Council.
- Section 2** Any recommended By-Law changes must be approved by a majority of the league coaches and presented to the Athletic Directors and the Board of Managers for approval at the end of the season.

ARTICLE II Practice and Game Limitations

- Section 1** Teams and individuals must comply with section 3 of Article V of the CCS By-laws. That is, neither a team nor an individual may compete in more than fifteen (14) contests during the season. This includes league competition. Division trials, finals, CCS, or state meet competitions are not included in determining the limitations. A group of eight (8) or more athletes shall constitute a team at any meet. Thus, if the school in a meet enters seven (7) or fewer athletes, that meet will not be counted against the team limitation. However, it will count against the individual limitations for all of the athletes that participate in the meet.

ARTICLE III Game Management - Player Eligibility

- Section 1** There shall be official competition at the Boys Varsity and JV levels, and Girls Varsity and JV levels. A freshman, sophomore or junior (girl) participant may move from one team to another during a season provided he/she competes in only one (1) classification against any school. No Senior may compete in a JV event.
- Section 2** General Rules:
- 2.1 The 10lb. shot shall be used by the JV.
 - 2.2 The 65M high hurdles will be run in the JV.

- 2.3 Any legal discus may be used in SCVAL meets.
- 2.4 Times and distances must be recorded in the home school's book for the first three (3) places. These results must be provided to the visiting team.
- 2.5 The girls' team shall use the 4-kilo shot put.
- 2.6 Individuals in field events (jumps or throws) will be allowed a period of time for warm-ups which will be mutually agreed upon by the coaches prior to the start of competition and not to exceed 15 minutes. Adult supervision must be present during warm-ups
- 2.7 Participants must check into the event official.
 - 2.7.1 Field event participants must report and sign in before opening of competition. Failure means no participation.
- 2.8 The coed Pole Vault shall be held at the SCVAL Championship Meet to determine qualifiers to the next higher meet.
 - 2.8.1- A four event qualifier from division is ok even if a pole vaulter. But, they must scratch an event in SCVAL Finals if they wish to participate in pole vault.

ARTICLE IV

Dual Meet Regulations

Section 1 The official starting time for dual meets is 3:30 p.m. and 4:00 DST

- 1.1 This time may be changed by mutual agreement between the two schools. SCVAL Change of Schedule form should be submitted.

Section 2 A rained-out meet shall be made up on a school day by mutual agreement of the two schools.

Section 3 Entries:

- 3.1 In all races up to and including the 400 meter dash, entries shall be limited. (12) participants in each running event and gender level.
 - 3.1.1 All scores should come from the first heat unless facilities limit participation to 5 or less.
 - 3.1.2 Automatic timed winners can come from first two heats in tri and quad meets.
- 3.2 In races that are 800 meters or more, each school may enter as many competitors

as facilities and meet management will allow without heats being involved.

3.3 In all field events, each school shall be limited to five (5) participants for each event.

3.3.1 May be changed by mutual agreement between the two schools.

3.3.2 All competitors are allowed four (4) attempts only, in Division dual meets, with a 1 minute time limit in the long jump, triple jump, shot-put, and discus. The high jump shall have a 1 minute time limit. The pole vault shall have a 1½ minute time limit.

3.3.3 The following are the starting heights for dual meets. These may be changed by mutual agreement.

<u>Event</u>	<u>Varsity</u>	<u>F/S or GJV</u>
HJ - Boys	5-2	4-8
HJ - Girls	4-2	3-8

Section 4 Lane assignments shall be made as follows:

4.1 Flip a coin at the beginning of the meet with the winner choosing odd or even lanes for the first event utilizing lanes (the 400 relay). Teams will alternate odd or even lanes for each succeeding event that utilizes lanes. Home teams get last throw, jump, etc. in all field events.

Section 5 In dual meets, one (1) point shall be awarded for a win and one-half (1/2) point for a tie towards the Division championship.

Section 6 Protests shall be conducted as per the SCVAL General By-Laws

Section 7 Common practice during dual meets mutual agreement of coaches shall guide dual meet entries and heats.

ARTICLE V Trials and Finals

Section 1 For the SCVAL division trials, each school may enter three (3) participants in each event and one (1) relay team. Both the El Camino and De Anza divisions shall hold separate finals.

1.1 Schools will be allowed more than three entrants in an individual varsity boys, varsity girls, JV boys, or JV girls event if all of their entrants have one of the best eight marks of the entrants in that event.

1.2 No student may be entered in an division or league finals event unless he/she has competed in at least **50%** of SCVAL dual meet during the season prior to the division trials and finals. This requirement may be waived under rare

circumstances if a majority of the coaches in the affected division vote to waive this requirement. Check with Commissioner of SCVAL.

- 1.3 Any student who wishes to compete in the CCS competition must compete in the Division meet. However, see the hardship rule at section 1 of article VIII.
- 1.4 Participants will compete on the track or field in order of best finish marks.
- 1.5 If funds are available, some or all of the officials helping with the meet should be paid. Pre Commissioner approval.

Section 2 Team points will be awarded and combined with dual meet points to determine a Division champion on the following basis:

Dual Meet and Division Final Scoring

1st Place	7 Points
2nd Place	6 Points
3rd Place	5 Points
4th Place	4 Points
5th Place	3 Points
6th Place	2 Points
7th Place	1 Point

Section 3 Qualifiers to Division Finals:

- 3.1 Trials will be held in the events deemed necessary. If field events need to be contested over 2 days, then the following applies:
 - 3.1.1 A minimum of eight (8) participants will qualify for the finals in each track event. In the case of ties in the trials, it will be left to the discretion of the track committee as to whether more than eight (8) will compete in the finals or a run-off will be held at the site of the trials. Events seeded to finals will count as one (1) event.
 - 3.1.2 A minimum of eight (8) participants will qualify for the finals in the field events.
 - 3.1.2(a) High jump participants will jump until a minimum of eight (8) have qualified and competition will then cease.
 - 3.1.2(b) In the shot put, discus, long jump and triple jump, all participants shall have three (3) trials attempts with the top eight (8) qualifying to the finals.
 - 3.1.3 In cases of ties in the field events, tied participants will progress into the finals.
- 3.2 Final for SP/Discus/LJ/TJ
 - 3.2.1 All varsity participants in the shot put, discus, long jump and triple jump

will be allowed three (3) trial attempts. The top eight (8) participants after the three trial attempts will be allowed three additional attempts and will compete in reverse order of their place after the first three attempts.

3.2.2 All JV participants in the shot put, discus, long jump, and triple jump will be allowed four (4) attempts. There will be no trials for JV competition, just finals.

3.3 No marks will carry over from the Division trials to the division finals, yet marks made in the trials will count as Division records.

Section 4 All implements shall be weighed for the trials and finals, if possible.

Section 5 Video taping or Accu-Track shall be provided for the Division trials and finals if available.

Section 6 The league shall provide awards for the first six (6) places in each event of each division's finals.

Section 7 A Track Committee consisting of one (1) voting member from each school shall have the responsibility to prepare the heats and lanes and field event entries, selection of officials, and to carry out all other details necessary for administering the league trials and finals.

Section 8 An athlete who entered in a classification at the seeding meeting shall remain in that classification for the Division meet.

Section 9 The Track Committee at the seeding meeting will set starting heights in the high jump.

9.1 High jump crossbars will be moved up in two (2) inch increments until a winner is determined.

9.2 The starting heights for the finals will be set "2" inches below the height of the last place qualifier.

Section 10 Seeding - done according to National Federation, CCS or games committee

Section 11 No competitor may be added to an event after the seeding meeting without the agreement of the majority of the schools competing in the division meet. The additions should be made only under unusual circumstances.

Section 12 All competitors in the SCVAL who finish in the top 3 in their event will be considered all-league.

Section 13 Start time Divisional meets 3:00pm for Field Events and 4:00 pm for Running Events.

Section 14 Hosting the SCVAL Finals will rotate from Santa Clara, Los Gatos and Macdonald each year.
Spring: Divisional meet DA-2024-Lynbrook, 2025-Homestead, 2026-Milpitas, 2027-Los Altos, 2028-Palo Alto, 2029-Gunn

Divisional meet EC-2024-Monta Vista, 2025-Mountain View, 2026-Saratoga, 2027-Fremont, 2028-Cupertino, 2029-Wilcox

ARTICLE VI **SCVAL Championship Meet**

- Section 1** The SCVAL will hold a Championship Meet **Saturday** after divisional meets in order to determine who will represent the league at the CCS meet.
- 1.1 The meet will be scored using the following point system with 6 scoring: 10-8-6-4-2-1.
- Section 2** The top 16 Varsity athletes/schools from the El Camino and De Anza Division meets in each event will be allowed to compete in the SCVAL Championship meet. (See the exception for alternates at section 2.3).
- 2.1 If an athlete does not qualify for the finals of the El Camino or DeAnza Division meets but his/her mark in the Division trials is better than any of the top 16 marks posted in the event at the finals, he/she will be allowed to compete in the Championship Meet. However, no more than 16 will be allowed to compete in any event. Thus, each addition of an athlete to an event under this section means that the athlete with the worst mark will be dropped from the event. An athlete will not be added to an event under this section if it results in the displacement of an athlete who beat the added athlete in the trials.
- 2.2 If there is a tie for the 16th qualifying place in any event, all of the tied athletes will be allowed to compete in the SCVAL Championship Meet.
- 2.3 An alternate list for each event of the 17th-20th best competitors, as determined in section 2.1, will be used to replace scratched athletes. If a scratched athlete is tied for 16th place, he/she will not be replaced. If there is a tie between replacement alternates, all tied replacement alternates will be allowed to compete in the SCVAL Championship Meet.
- 2.4 Any athlete running the CCS At-Large time at the Division Finals will compete in the SCVAL Championship Meet even if it exceeds the limit of 16 athletes stated in section 2.
- Section 3** We will hold slow/fast races for all track events (except the 1600m and 3200m) with the athletes/schools with the best 8 marks competing in the fast heats and the remaining qualifiers competing in the slow heats. The slow heat will be run prior to the fast heat for each event. The qualifiers to the CCS semifinals will be based upon the best times, no matter whether the time comes from the fast heat or slow heat. The number of boys and girls to qualify to the CCS semifinals will be as per the yearly track by-laws of the CCS.
- Section 4** 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.

4.1 After all athletes have had three attempts in their event, the top 8 will receive three additional attempts. They will compete in reverse order of their place after the initial three attempts.

4.2 The number of boys and girls who qualify from the SCVAL Championship meet to the CCS semifinals in the SP/Discus/LJ/TJ will be as per the yearly track by-laws of the CCS.

Section 5 All high jump qualifiers and pole vault qualifiers will compete in one flight. The number of qualifiers from the Championship Meet to the CCS semifinals will be as per the yearly track by-laws of the CCS.

5.1 If there is a tie for the last qualifying place 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.

Section 6 Start time for SCVAL Saturday Finals- 9am Field events; 10am Jump events; 11am running events.

Section 7 Santa Clara, Los Gatos and Macdonald will alternate years for SCVAL Championships. They will not be divisional hosts.

ARTICLE VII Order of Events

Section 1 As a general rule, the order of events for the Dual and Division meets for the varsity boys and girls shall be the same as at the CCS and State meets.

Section 2 The order of events for the JV and JV girls will be arranged to facilitate meet management. Any changes from the Varsity order must be made by mutual consent.

Section 3 Field events order for the division dual meet season is the same as the SCVAL finals. Any changes must be by the consent of the head coaches involved.

Section 4 Distance events may be combined by mutual consent of the coaches. In divisional and SCVAL finals the type of start will follow the CCS start pattern for that year.

RUNNING EVENTS

<u>Time</u>	<u>Event</u>	<u>Team</u>	<u>Event</u>	<u>Type of Start</u>
3:30 PM	1.	GV	400 M. Relay	2 Turn Stagger
	2.	BV	400 M. Relay	2 Turn Stagger
	3.	GJV	400 M. Relay	2 Turn Stagger
	4.	BJV	400 M. Relay	2 Turn Stagger
	5.	GV	1600 M Run	Curve Line
	6.	BV	1600 M Run	Curve Line

7.	GJV	1600 M Run	Curve Line
8.	BJV	1600 M Run	Curve Line
9.	GV	100 M. LH	*****
10.	GJV	100 M. LH	*****
11.	BV	110 M. HH	*****
12.	BJV	65 M. HH	*****
13.	GV	400 M. Run	2 Turn Stagger
14.	BV	400 M. Run	2 Turn Stagger
15.	GJV	400 M. Run	2 Turn Stagger
16.	BJV	400 M. Run	2 Turn Stagger
17.	GV	100 M. Dash	*****
18.	BV	100 M. Dash	*****
19.	GJV	100 M. Dash	*****
20.	BJV	100 M. Dash	*****
21.	GV	800 M. run	1 Turn Stagger
22.	BV	800 M. Run	1 Turn Stagger
23.	GJV	800 M. run	1 Turn Stagger
24.	BJV	800 M. Run	1 Turn Stagger
25.	GV	300 M. LH	1 Turn Stagger
26.	GJV	300 M. LH	1 Turn Stagger
27.	BV	300 M. LH	1 Turn Stagger
28.	BJV	300 M. LH	1 Turn Stagger
29.	GV	200 M. Dash	1 Turn Stagger
30.	BV	200 M. Dash	1 Turn Stagger
31.	GJV	200 M. Dash	1 Turn Stagger
32.	BJV	200 M. Dash	1 Turn Stagger
33.	GV	800 M. Relay*	TBD
34.	BV	800 M. Relay*	TBD
35.	GV	3200 M Run	Curve Line
36.	BV	3200 M Run	Curve Line
37.	GJV	3200 M Run	Curve Line
38.	BJV	3200 M Run	Curve Line
39.	GJV	1600 M. Relay	2 Turn Stagger
40.	BJV	1600 M. Relay	2 Turn Stagger
41.	GV	1600 M. Relay	2 Turn Stagger
42.	BV	1600 M. Relay	2 Turn Stagger

FIELD EVENTS

<u>Time</u>	<u>LJ</u>	<u>TJ</u>	<u>HJ</u>	<u>SP</u>	<u>Disc</u>
3:30 PM	VB	VG	JVG	VB	VG
	GJV	BJV	VG	JVG	BJV
	VG	VB	BJV	VG	VB
	BJV	JVG	VB	BJV	JVG

Open pit will be utilized to speed qualifiers through.

Section 5 For fair and safe competition, schools will provide adult supervision for field events and the finish line.

Section 6 From Division meets and forward the type of start will follow CCS type of start.

ARTICLE VIII Special Rulings

Section 1 Hardship Rule

- 1.1 The hardship rule applies in determining whether an athlete may participate in the SCVAL Championship Meet without participating in the Division finals.
- 1.2 Hardship only applies to an illness/accident that is non-sports related.
- 1.3 The athlete must be under a medical doctor's care.
- 1.4 Request for hardship must be presented to the SCVAL Commissioner and the director of the Division finals meet in writing by the coach of the participant before the start of the athlete's first race.
- 1.5 The coach of the hardship athlete must verify that the athlete has posted a mark during the current season that is equal or better than the CCS/SCVAL (average of last three years in that event) hardship at large standard. **Utilize form on SCVAL webpage.**
- 1.6 The hardship hearing will be held on the second working day following the request for hardship.
- 1.7 The hardship committee hearing the hardship request will consist of the SCVAL Commissioner and the athletic directors for the two schools in charge of the two divisions' finals meets.
- 1.8 A hardship athlete is considered one of the school's three (3) entries.
- 1.9 A participant granted favorable consideration by the hardship committee shall participate in a trial on the following Tuesday or Wednesday. The participant will be competing against the mark of the 16th qualifier (Article VI, Section 2). If the participant is challenging a mark of an athlete who has made the CCS at-large standard during the current season, then the participant will compete against the mark of the next lowest-seeded athlete who has not made the CCS at-large standard. Four (4) throws or jumps shall be allowed for the participant in the shot put, discus, long and triple jump. The competition shall be held at the site of the SCVAL Championship Meet. The commissioner in cooperation with the participant's coach the meet director of the SCVAL Meet will determine the time. If the participant beats the challenged qualifier's mark, the participant will be seeded in the slow heat and the challenged will become the first alternate.

- 1.10 All run-offs, jump-offs, or throw-offs will be held at the site of the SCVAL Championship Meet.

Section 2 Sports Chairperson

- 2.1 The Track chairperson(s) shall be elected every two years by all the Division track coaches in accordance with Art. VIII of the SCVAL Constitution.
- 2.2 The Track Chairperson(s) are:
 - 2.2.1 To call a meeting of all the league coaches prior to the beginning of the season to go over the schedules, by-laws, rule changes and anything pertinent to their sport for that season.
 - 2.2.2 To call a meeting of all the league coaches at the end of the season to review the by-laws and make revisions, set up schedules for the next season, and solve any problems that came up during the season. The chairperson(s) will present any by-law changes to the Athletic Directors and the Board of Managers.
 - 2.2.3 Compile the results and send to the League Commissioner as well as to the league schools.
 - 2.2.4 To represent the league on the CCS Track Committee.
 - 2.2.5 To notify the Athletic Director and Commissioner of all sport committee meetings.

Section 3 League Realignment

The leagues will be realigned **every two years** based upon their records for the prior two years as follows:

- 3.1 First, the finishing place of each school in the De Anza and El Camino Divisions for varsity boys, varsity girls, frosh-soph boys, and JV girls will be determined in accordance with section 2 of article V for each of the two prior years.
- 3.2 Second, the first place team in each division (VB, VG, FSB, and JVG) for each year will be awarded 7 points, second place will be awarded 6 points, etc.
- 3.3 Third, the points for all four divisions (VB, VG, FSB, and JVG) will be totaled for each school.
- 3.4 Fourth, the school with the lowest score in the De Anza Division will be moved to the El Camino Division. As an example, if a school scored 7 points in VB, 1 point in VG, 2 points in FSB, and 1 point in JVG, its total score would be 11. If this was the lowest total score in the De Anza Division, then this school would be moved to the El Camino Division.

- 3.5 Fifth, the school with the highest score in the El Camino Division will be moved to the De Anza Division.
- 3.6 If there is a tie under the procedure describe in sections 3.1 through 3.5 regarding the top team in the El Camino Division or the bottom team in the De Anza Division, then the tie shall be broken in the following order:
 - 3.6.1 The team with the best dual meet record in head-to-head competition among the tied El Camino teams will be moved to the De Anza Division and the team with the worst dual meet record in head-to-head competition among the tied De Anza teams will be moved to the El Camino Division.
 - 3.6.2 If there is still a tie, then the tie will be broken by comparing the total scores for the tied teams for the varsity boys, varsity girls, frosh-soph boys, and JV girls at the division finals meets for the 2- year period for the tied teams.
 - 3.6.3 If there is still a tie after applying the procedures in sections 3.1, through 3.6.2, then the tie will be broken by flipping a coin.