

## Postseason SCVAL Track Meeting Tues., May 14, 7:00pm SCHS

### 1) League Reps.

### 2) League Championships

	De Anza League	El Camino League
VB	Los Gatos/ Mt. View	Monta Vista
VG	Los Gatos	Monta Vista
JVB	Mt. View	Fremont, Monta Vista, MacDonald
JVG	Mt. View	Santa Clara
Team	Certificates	

### 3) League Finals Evaluations

- Host Schools – Homestead/ Saratoga
- A) Feedback

### 4) Past and Future League Meets

League Meet   Host School   Host School

Past

Year	DeAnza	El Camino
2022	Palo Alto	Cupertino
2023	Gunn	Wilcox/SC
2024	Lynbrook	Monta Vista
2025	Homestead	Saratoga
2026	Milpitas?	Fremont?

Need to update the By-laws

### 5) New Dates - League Meets – next year

- A) El Camino – Wed., April 29 & Fri., May 1,  
De Anza – Tues., April 28 & Thurs., April 30
- B) Move El Camino to Mon. & Wed., easier to get a starter

### 6) SCVAL Championship Meet 2024 Evaluation

- Site: Los Gatos, Meet Director – Danny Colton
- A) Turn judges disappearing act, chronic problem

### 7) SCVAL Championship Meet – May 9, 2026

- Site – MacDonald per By-laws
- Meet Director – ??

### 8) League Realignment – 1<sup>st</sup> year of realignment , DAL schools at the bottom: Gunn, Homestead. El Camino schools at the top: Monta Vista, Santa Clara

- A) Does anyone want to move up or down?

### 9) League Schedules

- A) Curtis and I are willing to do it.
- B) League with 8 teams start dual the week of Feb. 23?  
League with 7 team start dual the week of March 2?

10) CCS Trials & Finals Meet Evaluations

A) Send comments to Julie and Jonathan before June 1st

11) CCS Trials – jobs

<u>A) Events</u>	<u>School</u>	<u>School</u>
400m relay – 400m	Cupertino	Santa Clara
100m – VG 3200m relay	Fremont	Gunn
VB 3200m relay - 1600m relay	Lynbrook	Saratoga

High Jump (2-3 workers) Milpitas Rand Crippen (official)

CCS Finals – jobs

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay – 400m	Palo Alto	Mt. View
100m – 200m	Homestead	Wilcox
3200m relay - 1600m relay	Los Altos	Monta Vista

High Jump (2-3 workers) Los Gatos Rand Crippen (official)

B) Only the first shift should show up at the turn judge meeting. If someone from 2<sup>nd</sup> or 3<sup>rd</sup> shift shows up, do not take a badge.

12) By-Law Changes Request

A) Submitted by Jonathan Hubbs:

- Change our league finals to combine DAL and ECL, with each school guaranteed either 1 or 2 athletes per event. The rest of the spots will be filled in order of performance. Our SCVAL Qualifier meet is not as competitive as it can be because we are limiting schools with deeper fields in certain events.

- Add a bylaw or come to an agreement that the ECL should have 8 schools while DAL has 7. The DAL teams are much larger, so doing tri-meets in the DAL present bigger challenges than in the ECL.

- Push the league to allow JV boys to return to a frosh-soph division.

B) SCVAL Outline to combine League Meets and SCVAL: see attachment from Curtis Liang

C) Discussion on going from 2 leagues to 3 leagues

13) CCS: Trials May 16, 2026, Finals: May 23, 2026

State Meet: May 29, 30

14) Other

15) Adjourn

SCVAL Championship Proposed Changes									
1. DAL and ECAL switch to a combined schedule. The total number of entries will remain the same. All events will be held on trials day except the 4x100, 4x400, 4x800 and 3200.									
2. Trials and Finals will still count as one combined day for purposes of event limits.									
3. All field events will be finals-only competition. (Based off of PAL)									
4. Article 5, Section 1.1: Schools will be allowed more than three entrants if all of their entrants have one the best sixteen marks in that event.									
5. JV will have a separate one-day championship on the Saturday after varsity trials. Athletes can score from any heat. All events are included, except the 4x800.									
6. All entry rules apply to the JV Championship meet as well.									
7. Article 5, Section 2: Team points/realignment points will be based off of how many teams are beaten from your corresponding division at the SCVAL Championship Finals day.									
All time schedules are examples									
*Combined trials, 45 entries per event + At-Large				*Current SCVAL schedule, 3200 added heat				*Events assumed to have ~6 heats	
<b>Varsity Trials (Day 1) - Weekday</b>				<b>Varsity Finals (Day 2) - ~10 days after trials</b>				<b>JV Championship - Saturday after Varsity Trials</b>	
VG	1600	15:00		VG	400 Relay	11:00		JVG	400 Relay 14:00
VB	1600	15:25		VB	400 Relay	11:06		JVB	400 Relay 14:05
VG	100 HH	15:55		VG	1600	11:12		JVG	1600 14:15
VB	110 HH	16:15		VB	1600	11:21		JVB	1600 14:40
VG	400	16:35		VG	100 HH	11:32		JVG	100 HH 15:10
VB	400	16:50		VB	110 HH	11:40		JVB	65 HH 15:30
VG	100	17:10		VG	400	11:46		JVG	400 15:50
VB	100	17:25		VB	400	11:52		JVB	400 16:10
VG	800	17:40		VG	100	11:58		JVG	100 16:30
VB	800	17:55		VB	100	12:04		JVB	100 16:45
VG	300 IH	18:10		VG	800	12:10		JVG	800 17:00
VB	300 IH	18:30		VB	800	12:20		JVB	800 17:15
VG	200	18:50		VG	300 IH	12:33		JVG	300 IH 17:30
VB	200	19:10		VB	300 IH	12:40		JVB	300 IH 17:50
		19:30 track finish		VG	200	12:46		JVG	200 18:15
		4:30 total		VB	200	12:52		JVB	200 18:35
				VG	3200 Relay	12:58		JVG	3200 (2 heats) 18:55
				VB	3200 Relay	13:14		JVB	3200 (2 heats) 19:30
				VG	3200 (2 heats)	13:30		JVG	1600 Relay 20:00
				VB	3200 (2 heats)	14:02		JVB	1600 Relay 20:15

[illegible]

[illegible]

Option 2 Example	*League finals scoring against section only								
	DM = Dual Meet Placement Points								
	SF = SCVAL Finals Placement Points *New								
Varsity Boys			Realignment Points	Realignment Points		Varsity Girls		Realignment Points	Realignment Points
De Anza	DM	SF	New System	Current System		DM	SF	New System	Current System
Gunn	1	3	1	1		3.5	2	3	3
Homestead	2	4	3	2		2	1	1	1
Los Altos	7	7	7	7		5	7	6	5
Los Gatos	3	6	5	4		6	5	5	7
Lynbrook	4	1	2	3		3.5	3	4	4
Mountain View	5.5	2	4	6		7	6	7	6
Palo Alto	5.5	5	6	5		1	4	2	2
El Camino	DM	SF	New System	Current System		DM	SF	New System	Current System
Cupertino	3.5	3	3	3		2.5	1.5	2	3
Fremont	7	4	5	5		8	7	7.5	7
MacDonald	1	1.5	1	1.5		1	1.5	1	1
Milpitas	8	8	8	8		6	3	4.5	4
Monta Vista	5.5	7	7	7		7	8	7.5	8
Santa Clara	3.5	5	4	4		5	6	6	5.5
Saratoga	2	1.5	2	1.5		4	5	4.5	5.5
Wilcox	5.5	6	6	6		2.5	4	3	2

## 2025-2026 SCVAL Track & Field De Anza League Realignment Points

SCHOOL	2025 Points*	2025 Place	2026 Points*	2026 Place	'25 +'26 Points	PLACE
Gunn	9	7	0	-	9	7
Homestead	7	8	0	-	7	8
Los Altos	26	2	0	-	26	2
Los Gatos	25	3	0	-	25	3
Lynbrook	19.5	4	0	-	19.5	4
Milpitas	18	5	0	-	18	5
Mountain View	29.5	1	0	-	29.5	1
Palo Alto	10	6	0	-	10	6

\* Sum of the Realignment Points of the 4 teams (VB,VG,JVB,JVG) for the respective year.

### REALIGNMENT STANDINGS

PLACE	SCHOOL	POINTS
1	Mountain View	29.5
2	Los Altos	26
3	Los Gatos	25
4	Lynbrook	19.5
5	Milpitas	18
6	Palo Alto	10
7	Gunn	9
8	Homestead	7

Last place DAL team relegates to ECL in 2027

VARSITY BOYS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Gunn	7	2	8	1	3	7	1.5	-	0	-	0	0	-	0
Homestead	5	3.5	6	3	6.5	6	3	-	0	-	0	0	-	0
Los Altos	3	5.5	3	6	11.5	3	6	-	0	-	0	0	-	0
Los Gatos	1	8	2	7	15	1	7.5	-	0	-	0	0	-	0
Lynbrook	3	5.5	7	2	7.5	4	4.5	-	0	-	0	0	-	0
Milpitas	5	3.5	5	4	7.5	4	4.5	-	0	-	0	0	-	0
Mountain View	2	7	1	8	15	1	7.5	-	0	-	0	0	-	0
Palo Alto	8	1	4	5	6	7	1.5	-	0	-	0	0	-	0

  

VARSITY GIRLS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Gunn	7	2	7	2	4	7	2	-	0	-	0	0	-	0
Homestead	8	1	8	1	2	8	1	-	0	-	0	0	-	0
Los Altos	3	6	1	8	14	2	7	-	0	-	0	0	-	0
Los Gatos	1	8	2	7	15	1	8	-	0	-	0	0	-	0
Lynbrook	4	4.5	6	3	7.5	5	4	-	0	-	0	0	-	0
Milpitas	6	3	5	4	7	6	3	-	0	-	0	0	-	0
Mountain View	2	7	4	5	12	3	6	-	0	-	0	0	-	0
Palo Alto	4	4.5	3	6	10.5	4	5	-	0	-	0	0	-	0

  

JV BOYS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Gunn	7	2	5	4	6	6	3	-	0	-	0	0	-	0
Homestead	6	3	7	2	5	7	2	-	0	-	0	0	-	0
Los Altos	4	4.5	2	7	11.5	3	6	-	0	-	0	0	-	0
Los Gatos	4	4.5	6	3	7.5	5	4	-	0	-	0	0	-	0
Lynbrook	2	7	3	6	13	2	7	-	0	-	0	0	-	0
Milpitas	3	6	4	5	11	4	5	-	0	-	0	0	-	0
Mountain View	1	8	1	8	16	1	8	-	0	-	0	0	-	0
Palo Alto	8	1	8	1	2	8	1	-	0	-	0	0	-	0

  

JV GIRLS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Gunn	7	1.5	4	4.5	6	6	2.5	-	0	-	0	0	-	0
Homestead	6	3	8	1	4	8	1	-	0	-	0	0	-	0
Los Altos	3	5	2	7	12	2	7	-	0	-	0	0	-	0
Los Gatos	3	5	3	6	11	3	5.5	-	0	-	0	0	-	0
Lynbrook	2	7	7	2	9	5	4	-	0	-	0	0	-	0
Milpitas	1	8	6	3	11	3	5.5	-	0	-	0	0	-	0
Mountain View	3	5	1	8	13	1	8	-	0	-	0	0	-	0
Palo Alto	7	1.5	4	4.5	6	6	2.5	-	0	-	0	0	-	0

## 2025-2026 SCVAL Track & Field El Camino League Realignment Points

SCHOOL	2025 Points*	2025 Place	2026 Points*	2026 Place	'25 +'26 Points	PLACE
Cupertino	10	7	0	-	10	7
Fremont	16.5	3	0	-	16.5	3
MacDonald	11	5	0	-	11	5
Monta Vista	26	1	0	-	26	1
Santa Clara	23	2	0	-	23	2
Saratoga	10.5	6	0	-	10.5	6
Wilcox	15	4	0	-	15	4

\* Sum of the Realignment Points of the 4 teams (VB,VG,JVB,JVG) for the respective year.

### REALIGNMENT STANDINGS

PLACE	SCHOOL	POINTS
1	Monta Vista	26
2	Santa Clara	23
3	Fremont	16.5
4	Wilcox	15
5	MacDonald	11
6	Saratoga	10.5
7	Cupertino	10

1st place ECL team promotes to DAL in 2027

VARSITY BOYS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Cupertino	2	5.5	4	4	9.5	3	5	-	0	-	0	0	-	0
Fremont	4	3.5	3	5	8.5	4	4	-	0	-	0	0	-	0
MacDonald	7	1	7	1	2	7	1	-	0	-	0	0	-	0
Monta Vista	1	7	1	7	14	1	7	-	0	-	0	0	-	0
Santa Clara	2	5.5	2	6	11.5	2	6	-	0	-	0	0	-	0
Saratoga	6	2	6	2	4	6	2	-	0	-	0	0	-	0
Wilcox	4	3.5	5	3	6.5	5	3	-	0	-	0	0	-	0

VARSITY GIRLS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Cupertino	6	2	4	4	6	5	2.5	-	0	-	0	0	-	0
Fremont	3	4	6	2	6	5	2.5	-	0	-	0	0	-	0
MacDonald	7	1	7	1	2	7	1	-	0	-	0	0	-	0
Monta Vista	1	7	1	7	14	1	7	-	0	-	0	0	-	0
Santa Clara	2	6	3	5	11	2	6	-	0	-	0	0	-	0
Saratoga	3	4	2	6	10	3	5	-	0	-	0	0	-	0
Wilcox	3	4	5	3	7	4	4	-	0	-	0	0	-	0

JV BOYS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Cupertino	5	2	7	1	3	7	1	-	0	-	0	0	-	0
Fremont	3	5	1	7	12	1	6	-	0	-	0	0	-	0
MacDonald	1	7	3	5	12	1	6	-	0	-	0	0	-	0
Monta Vista	2	6	2	6	12	1	6	-	0	-	0	0	-	0
Santa Clara	4	4	4	4	8	4	4	-	0	-	0	0	-	0
Saratoga	5	2	6	2	4	6	2	-	0	-	0	0	-	0
Wilcox	5	2	5	3	5	5	3	-	0	-	0	0	-	0

JV GIRLS	2025							2026						
	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points	Dual Meet Place	Dual Meet Points	League Finals Place	League Finals Points	DM+LF Points	DM+LF Place	Realign- ment Points
Cupertino	7	1	6	2	3	6	1.5	-	0	-	0	0	-	0
Fremont	4	4	4	4	8	4	4	-	0	-	0	0	-	0
MacDonald	5	3	5	3	6	5	3	-	0	-	0	0	-	0
Monta Vista	2	6	2	6	12	2	6	-	0	-	0	0	-	0
Santa Clara	1	7	1	7	14	1	7	-	0	-	0	0	-	0
Saratoga	6	2	7	1	3	6	1.5	-	0	-	0	0	-	0
Wilcox	3	5	3	5	10	3	5	-	0	-	0	0	-	0

SCVAL Track and Field Meet Proposal  
Proposal and Resources

**RESOURCES:**

[SCVAL Proposal Discussion](#): pros and cons, questions and answers, feedback, concerns etc. Send your comments and questions to Jonathan Hubbs ([coachhubbs@gmail.com](mailto:coachhubbs@gmail.com)) and Curtis Liang ([curtisliang@gmail.com](mailto:curtisliang@gmail.com)).

[Curtis's Proposal \(PDF\)](#). Also outlined below.

**PAL Resources:** For perspective and ideas.

[PAL Trials and Finals Schedule](#)

[PAL Entries, Heats, and Flights](#)

**SCVAL Championship Proposed Changes (from Curtis)**

1. DAL and ECAL switch to a combined schedule. The total number of entries will remain the same. All events will be held on trials day except the 4x100, 4x400, 4x800 and 3200.
2. Trials and Finals will still count as one combined day for purposes of event limits.
3. All field events will be finals-only competition. (Based off of PAL)
4. Article 5, Section 1.1: Schools will be allowed more than three entrants if all of their entrants have one the best sixteen marks in that event.
5. JV will have a separate one-day championship on the Saturday after varsity trials. Athletes can score from any heat. All events are included, except the 4x800.
6. All entry rules apply to the JV Championship meet as well.
7. Article 5, Section 2: Team points/realignment points will be based on how many teams are beaten from your corresponding division at the SCVAL Championship Finals day.

**PROPOSED MEET DAYS**

M	T	W  <b>SCVAL VARSITY TRIALS (T, W, or Th)</b>	TH	F	S  <b>SCVAL JV FINALS</b>	SUN
M	T	W	TH	F	S  <b>SCVAL VARSITY FINALS</b>	SUN

**PROPOSED VARSITY SCVAL TRIALS  
(WEEKDAY)**

Track Events 3:00 PM Start	Field Events 3:00 PM Start
3:00 VG 1600	3:00 - VB Discus
3:25 VB 1600	3:00 - VB TJ
3:55 VG 100H	3:00 - VB HJ
4:15 VB 110H	3:00 - VG SP
4:35 VG 400	3:00 - VG LJ
4:50 VB 400	3:00 - VG PV
5:10 VG 100	3 flights 55 minutes each +15 minute warmup
5:25 VB 100	
5:40 VG 800	
5:55 VB 800	
6:10 VG 300H	
6:30 VB 300H	
6:50 VG 200	
7:10 VB 200	

**PROPOSED VARSITY SCVAL FINALS  
(SATURDAY)**

Track Events 11:00 AM Start	Field Events 10:00 AM Start
11:00 VG 4x100	10:00 - VG Discus
11:06 VB 4x100	10:00 - VG TJ
11:12 VG 1600	10:00 - VG HJ
11:21 VB 1600	10:00 - VB SP
11:32 VG 100H	10:00 - VB LJ
11:40 VB 110H	10:00 - VB PV
11:46 VG 400	3 flights 55 minutes each +15 minute warmup
11:52 VB 400	
11:58 VG 100	
12:04 VB 100	
12:10 VG 800	
12:20 VB 800	
12:33 VG 300H	
12:40 VB 300H	
12:46 VG 200	
12:52 VB 200	
12:48 VG 4x800	
1:14 VB 4x800	
1:30 VG 3200 (2 heats)	
2:02 VB 3200 (2 heats)	
2:34 VG 4x400	

2:46 VB 4x400	
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**PROPOSED SCVAL JV FINALS (SATURDAY)**

Track Events 2:00 PM Start	Field Events 1:00 PM Start
2:00 JVG 4x100	1:00 - JVB Discus
2:05 JVB 4x100	1:00 - JVB Triple Jump
2:15 JVG 1600	1:00 - JVB High Jump
2:40 JVB 1600	1:00 - JVG Shot Put
3:10 JVG 100H	1:00 - JVG Long Jump
3:30 JVB 65H	4:30 - JVG Discus
3:50 JVG 400	4:30 - JVG Triple Jump
4:10 JVB 400	4:30 - JVG High Jump
4:30 JVG 100	4:30 - JVB Shot Put
4:45 JVB 100	4:30 - JVB Long Jump
5:00 JVG 800	3 flights
5:15 JVB 800	55 minutes each +15 minute warmup
5:30 JVG 300H	
5:50 JVB 300H	
6:15 JVG 200	
6:35 JVB 200	
6:55 JVG 3200 (2 heats)	
7:30 JVB 3200 (2 heats)	
8:00 JVG 4x400	

8:15 JVB 4x400	
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## REALIGNMENT AND SCORING

### Option 1

Realignment based on dual meets only

Based on current system Four divisions: VG, VB, JVG, JVB

1st place in division = 7 (or 8) placement points Last place = 1 placement point

### Option 2

Equal emphasis on dual meets and championship meet

Make calculations in all four divisions: VG, VB, JVG, JVB

Dual meets:

1st place in division = 7 (or 8) placement points

Last place = 1 placement point

Use placement from championship meet

1 + 1 placement point for each team beaten in your section

Example using 2024 SCVAL Championship results:

VARSITY GIRLS	SECTION	TEAM SCORE	PLACEMENT POINTS
Los Altos	DAL	97	7
Mountain View	DAL	92	6
Los Gatos	DAL	86	5
Monta Vista	EC	72	8
Palo Alto	DAL	63	4
Lynbrook	DAL	45	3
Fremont	EC	16	7
Gunn	DAL	13	2
Santa Clara	EC	11	6
Homestead	DAL	9	1

Saratoga	EC	5	5
Wilcox	EC	3	4
Milpitas	EC	2	3
Cupertino	EC	0	1.5
MacDonald	EC	0	1.5

Option 2 Example \*League finals scoring against section only

DM = Dual Meet Placement Points

SF = SCVAL Finals Placement Points \*New

Varsity Boys			Realignment Points	Realignment Points
De Anza	DM	SF	New System	Current System
Gunn	1	3	1	1
Homestead	2	4	3	2
Los Altos	7	7	7	7
Los Gatos	3	6	5	4
Lynbrook	4	1	2	3
Mountain View	5.5	2	4	6
Palo Alto	5.5	5	6	5
El Camino	DM	SF	New System	Current System
Cupertino	3.5	3	3	3
Fremont	7	4	5	5
MacDonald	1	1.5	1	1.5
Milpitas	8	8	8	8
Monta Vista	5.5	7	7	7
Santa Clara	3.5	5	4	4
Saratoga	2	1.5	2	1.5
Wilcox	5.5	6	6	6

Varsity Girls		Realignment Points	Realignment Points
DM	SF	New System	Current System
3.5	2	3	3
2	1	1	1
5	7	6	5
6	5	5	7
3.5	3	4	4
7	6	7	6
1	4	2	2
DM	SF	New System	Current System
2.5	1.5	2	3
8	7	7.5	7
1	1.5	1	1
6	3	4.5	4
7	8	7.5	8
5	6	6	5.5
4	5	4.5	5.5
2.5	4	3	2

SCVAL Championships Proposal  
Questions, Answers, Concerns, and Ideas

[SCVAL CHAMPIONSHIP PROPOSAL](#)

Pros	Cons
<p>Having all 15 schools together creates a more competitive meet for our athletes.</p> <p>These are qualifier meets. Having the DAL and ECL meets at different sites on different days creates conditions that could be favorable to one league and detrimental to another (wind, weather, track conditions, etc.). Bringing everyone together makes competition fair.</p> <p>All 15 schools can help work all of the events. Remember that our coaches have to work the field events and manage the meet. It's much more manageable to divide between 15 schools instead of 7 or 8.</p> <p>Starters are hard to find, and this proposal means we need a starter for 3 meets instead of 5.</p> <p>The current meet schedule is hard for our athletes: one day in between trials and finals, then going to the SCVAL meet the next week. This proposal has about 10 days in between the meet, decreasing the chance of injury. We have had some athletes who jog at the finals just to complete it because they are not 100% healthy after trials.</p> <p>Having one day and one meet dedicated to JV is more special for that group.</p> <p>More flexibility for rescheduling due to bad weather</p> <p>Spreading out the events and having fewer events during the week means less school time is missed.</p>	<p>There's something nice about going against only the schools in our division. This proposal changes this dynamic.</p> <p>No trials for JV</p>

Questions	Responses
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I don't completely get the new alignment? I would prefer based on dual meets since with a big combined event, schools may not get enough qualifiers in, so a school that does well enough going 1-1, may not do as well if a few people don't make it to finals because their time is behind a bunch of others. Also it encourages schools to have their kids run in the school meets and not sit out meets for invites.	

Concerns/Fears	Possible Solutions
Scoring for league placement is tricky when all schools go head to head	<a href="#">Look over Curtis's proposal</a> for how we can deal with this change.

Suggestions and Ideas	Responses
Do the 4x800 on the trials day.	
The proposal should explicitly say that the JV meet will be seeded, but winners can come from any heat.	
Consider allowing other schools besides Santa Clara, Los Gatos, and MacDonald to host these meets. Pole vault can be conducted at a site with the facility the day before, if needed.  Or we can do all pole vault events on finals day at a site that has it, and the trials meet can rotate between the other schools in the league.	
Consider allowing schools to enter as many as they want per event, but only guarantee 2 or 3 per school. Then fill the event with any remaining open spots with the next best marks.	



Hank Lawson &lt;hanklawtrack@gmail.com&gt;

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## SCVAL Meet Proposal

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Jonathan Hubbs &lt;coachhubbs@gmail.com&gt;

Sun, May 18, 2025 at 11:28 AM

To: hal daner <haltrack@hotmail.com>, Heypalermo <heypalermo@aol.com>, Sean Seley <seanseley@gmail.com>, "RUN - Kenrick Sealy (Hom)" <kenricksealy80@hotmail.com>, Homestead HS XC & TF <homestead.xc.tf@gmail.com>, Curtis Liang <curtisliang@gmail.com>, Throwers LAHS <gerribaldwin@gmail.com>, Charles Alexander <charlesa1105@gmail.com>, Drew Russert <drewrussert@gmail.com>, kent kappen <kent@leadsportsusa.com>, Danny <paindoctor@aol.com>, "Elmore, Geoffrey" <coachgelmores@lgsuhsd.org>, "Allan, Ibet" <coachiallan@lgsuhsd.org>, Bernie Ramos <bernie\_ramos27@yahoo.com>, Ronald Huynh <rhuyh120@gmail.com>, Milpitas Track and Field <milpitasf@gmail.com>, Franco Mannucci <coachmannucci@gmail.com>, Jonathan Hubbs <coachhubbs@gmail.com>, Michael Davidson <mdavidson@pausd.org>, Alex Koukoutsakis <Alex\_Koukoutsakis@fuhd.org>, "RUN - Paul Armstrong (C'tino)" <coacha@prodigy.net>, leonard\_morris@fuhd.org, adammiranda@rocketmail.com, lewislouie721@gmail.com, Alejandra Flores <alejandra.xc26@gmail.com>, Burt Codera <bcodera@scusd.net>, David Sciplin <coachsciplin@gmail.com>, Julie <jolheureux@aol.com>, "Ljepava, Archie" <aljepava@lgsuhsd.org>, "Follmar, Amanda" <coachafollmar@lgsuhsd.org>, Lisan Douglas <douglas.lisan@gmail.com>, David Garza <djgarza@scusd.net>, Hank Lawson <hanklawtrack@gmail.com>

Hi coaches.

I spoke with my AD about a combined SCVAL meet and shared the [proposal](#) and [feedback](#) document with him. He said he would bring it up at the AD meeting this week. Thank you to all who have shared your thoughts so far. Please send in any pros, cons, concerns, and questions to me so I can put it on the document. The more information there the better!

I also brought up the idea to him about dividing SCVAL into 3 equal leagues of 5 for an A, B, C structure. The rationale is that this would help protect and develop our athletes who also go to weekend invitationals. The main argument against this proposal is that it limits the number of meets for our athletes who do not go to weekend invitationals. Here's an easy fix: add interleague meets and scrimmages to the schedule that do not count toward final standings. Now our JV kids get more opportunities to compete but we wouldn't feel the pressure to put our full teams in just to score points. **Please send in your comments and concerns with this proposal as well.**

### SCVAL TRIALS AND FINALS PROPOSAL

#### PROS, CONS, CONCERNS, QUESTIONS

Thank you.

Jonathan Hubbs  
Mountain View High School

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