

SCVAL Track & Field Pre-Season Meeting 2025

Agenda

Handouts:(done electronically) SCVAL Track By-laws, CCS By-laws, CCS AT-Large Standards, SCVAL At-Large Standards for Hardship, NFHS T&F Rule Changes, Points of Emphasis and Comments

- 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 - Feb. 3
 - b) First Scrimmage - Feb. 17, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
 - c) 1st contest: Feb. 24, 14 contest allowed for individuals or team
 - d) Roster submission - Feb. 20 by 11:59pm - athletic.net
 - e) League Entries - athletic.net, accept invitation
 - f) Hank Lawson: Athletic.net, 4x800m relay not allowed at All-Comers meets, why? **For Winter Championship qualifier meets only. Normal AC meets may use normal events.**

- 3) By-Laws Update
 - a) Article II stills needs to be fixed, 14 contests allowed.

 - b) Article V, Section 1.2, clarification must compete 50% of SCVAL Dual Meets to compete at League meet. See end of agenda.

 - c) Article VI, Section 2.3 change was approved, but new by-laws show an alternate list of 12 and not 8 as requested. Will check to see if it is a typo or correct.

 - d) Article VII, Section 4: 800m Relays not changed to 3200m relay

 - e) CCS By-law change: Track was requesting a date change for end of League Competition: no changes to report, did CCS address it?

- 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 - Thurs., Jan. 16
 - a) Semifinals - Sat., May 17 @ Gilroy H.S.
Finals - Sat., May 24 @ Gilroy H.S.
Official Time Schedule will be published in April.
 - b) Updated By-laws should be out by February.
 - c) 4x800m relay: It is expected that CCS will have trials for the 4x800, awaiting approval. It will add 1 hour to the trials schedule.
 - d) Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers. **Mt View has a para-athlete so DAL Division Finals and SCVAL Qualifier will have these events.**
 - e) CCS At-large times in CCS By-laws/ in email
 - 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. The first shift will pick up the flags and badges, if you are working the second or third shift, you will get your badge from the previous shift.

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

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., June 3, 4pm
 - m) Coach accompanying athletes (CIF rule)
 - n) CIF/CCS pass is good for all CCS Invitationals. You must accept the pass
 - o) Steve Filios will be the new official interpreting the T&F rules. **Steve is replacing Hal Harkness as the rules guru.**
 - p) <https://www.cifstate.org/sports-medicine/WBGT> - Wet Bulb Globe Temperature
<https://koreystringer.institute.uconn.edu/wet-bulb-globe-temperature-monitoring/>
- 6) State Meet
- a) Trials, Fri., May 30, Finals, Sat., May 31
 - 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. Your athletic director should give it to you or already did.
 - b) Rule changes and points of emphasis (handouts)
- 8) Post Season Meeting - May 21
- a) Time - 7:00pm, location - SCHS
- 9) Other -
- a) Andy Anderson Relays - Thurs., Feb. 27, 3:30pm if Participating schools are Santa Clara and Homestead. Cupertino, Fremont, and Wilcox? Please confirm your

- participation with Julie.
b) Other??

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) Hank Lawson is timing Leagues, SCVAL - keep him in the loop.
- j) Wind gauges should be used, implements weighed and checked.
- k) We have 2 starters for SCVAL, possible starters for 3 of 4 league meets. Will have to submit a budget for meets to approve the starters.*

11) SCVAL Championship Meet

- a) Saturday, May 10
- 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 7 at 8:00pm to Hank Lawson, Julie L'Heureux and Jonathan Hubbs

(spreadsheet)? Coach Hubbs will once again be doing the online scratch sheet.

- d) Lane Assignments will be done Wed. Night
- e) Location - Los Gatos
- f) Start Times: 9am Field, 10am Jumps, 11am for Running
- g) Meet Director: Danny Colton
- h) Starter: Jeff Gallero, Steve Villegas
- i) Jury of Appeals (3 + 2 alt.):
- j) Job Assignments:
 - Timer: Hank Lawson
 - Results: Hank Lawson
 - Announcer: Alejandra Flores
 - Field Event Result Julie L'Heureux (SC)
 - Clerk of Course: LG
 - Starting Clerk: Curtis Liang (Home)
 - Finish Line: Curtis Liang (Home)
 - Block Crew: Gunn
 - Implement Weigh In: Santa Clara
 - Events: experienced official for field events
 - Pole Vault: LG
 - Hurdles: Wilcox
 - Shot: Monta Vista
 - Discus: Milpitas
 - LJ/TJ Girls - Cupertino
 - HJ: Homestead
 - LJ/TJ Boys: Lynbrook
 - Finish Line Judges: Curtis Liang
 - Turn Judges:
 - 1st half (400m relay - 100m) 8 judges -
 - 2nd half (800m - 1600m relay) 8 judges -
 - Snack Bar - LG

12) League Information

- a) Division meets: DAL - Homestead, ECL - Saratoga
- 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. competing in what divisions?
- g) During league trials and finals discussion, please have discussion on dual meet schedule so coaches can finalize their schedule.

13) DAL - Homestead

- b) Location: Homestead
- c) Days and time: April 29, May 1, field events 3pm, running 4pm
- d) Meet director - Kenrick Sealy
- e) Duties

Starter: Steve Villegas, Matt Villegas - only if budget is submitted and approved

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: Homestead

Block Crew:

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls -

HJ -

Chief Finish Line Judge: Homestead

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 26 at **midnight**

14) EC - Saratoga

- b) Location: Saratoga 26
- c) Days and time: April 30, May 2
field events 3pm, running 4pm

- d) Meet director: Archie L.
- e) Duties

Starter: Steve Villegas & Matt: need approval - Wed., TBA - 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: Saaratoga

Block Crew:

Starting Line Judge: Curtis Liang (Homestead)

Weigh-ins: SC

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls - Cupertino

HJ -

Chief Finish Line Judge: Curtis Liang (Homestead)

Finish Line/Turn Judges:

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

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

- f) League Entries are due April 26 at 10pm.

15) Meeting adjourned

Appendix:

Here is the interpretation for the Playoff policy - 50% of League competition from the League Commissioner:

Also, for SCVAL 50% rule, a quad meet where all schools compete against each other, counts as 3 meets. So basically, DAL and ECL athletes have to be in 3 SCVAL meets. Although ECL has 8 teams, MacDonald only competes in the JV divisions so ECL only need 3 too. (From last year) The DAL should have 4 competitions and ECL needs 3 competitions.

There is a 50% rule for CCS and it has a different interpretation, from 2019:

- a. **Playoff policy - 50 % rule: Each league contest (whether it be a dual meet, double dual, triple dual, tri-meet, etc) counts as one (1) toward the 50% rule. He also confirmed that the**

league championship meet counts (trials and finals are not separate meets however) toward the 50% participation.

b. CIF State Bylaw: 14 Meet limit – Each contest/meet (whether a dual meet, double dual, triple dual, tri-meet, etc. and invitational) counts as one (1) toward the team total of 14. However, he confirmed that, if a team “splits their roster” and sends some individual to one meet and others to a different meet (on the same day. I.e. some athletes to Arcadia and some to the Don Bell Quicksilver Classic on 4/6), it only counts as one (1) toward the team total as long as no athlete on the team participates in both meets that day. He also confirmed that no individual athlete can compete in more than 14 meets in a season. This count does not include: league trials, league finals, CCS trials, CCS finals, State trials, State finals. It also does not include any scrimmage (non-scoring) meets that occur prior to the first scoring meet of the year. *Please note:* As per CCS Scrimmage bylaws: any results from a non-scoring/scrimmage meet cannot be published in any manner (i.e. any website, newspaper, etc) Also, those marks cannot be used for entry purposes/qualifying marks for any other meet.

**CENTRAL COAST SECTION
2025
Track Field At-large Standards**

| <u>Boys</u> | <u>2022</u> | <u>2023</u> | <u>2024</u> | <u>Avg.</u> | <u>2024</u> | | | | | |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------|----------------------|--------------------|
| 100 | 10.97 | 10.86 | 11.15 | 10.99 | 10.99 | | | | | |
| 200 | 22.09 | 22.04 | 22.29 | 22.14 | 22.14 | | | | | |
| 400 | 50.33 | 49.67 | 50.23 | 50.08 | 50.08 | | | | | |
| 800 | 01:57.09 | 01:57.18 | 01:59.37 | 1:57.88 | 1:57.88 | | | | | |
| 1600 | 04:22.65 | 04:21.71 | 04:21.42 | 4:21.93 | 4:21.93 | | | | | |
| 3200 | 09:36.92 | 09:33.24 | 09:33.51 | 9:35.08 | 9:35.08 | | | | | |
| 110HH | 15.4 | 15.39 | 15.29 | 15.36 | 15.36 | | | | | |
| 300IH | 41.47 | 40.83 | 40.79 | 41.03 | 41.03 | | | | | |
| 400R | 43.18 | 42.86 | 42.87 | 42.97 | 42.97 | | | | | |
| 1600R | 3:30.32 | 3:29.38 | 3:25.78 | 3:28.49 | 3:28.49 | | | | | |
| | | | | | | <u>2022 in inches</u> | <u>2023 in inches</u> | <u>2024 in inches</u> | <u>avg in inches</u> | <u>avg in feet</u> |
| LJ | 20'10.00 | 21'06.00 | 21'05.75 | <i>see right</i> | 21'3.25 | 250 | 258 | 257.75 | 255.250 | 21.27083 |
| TJ | 41'09.00 | 42'10 | 42'11 | <i>see right</i> | 42'6 | 501 | 514 | 515 | 510.000 | 42.5 |
| HJ | 6'2 | 6'0 | 6'0 | <i>see right</i> | 6'0 | 74 | 72 | 72 | 72.667 | 6.055556 |
| PV | 12'6 | 13'0 | 13'6 | <i>see right</i> | 13'0 | 150 | 156 | 162 | 156.000 | 13 |
| Shot | 44'08.00 | 46'10 | 50'2 | <i>see right</i> | 47'2.5 | 536 | 562 | 602 | 566.667 | 47.22222 |
| Disc | 134'04 | 139'3 | 143'1 | <i>see right</i> | 138'10 | 1612 | 1671 | 1717 | 1666.667 | 138.8889 |
| | | | | | | | | | | |

**CENTRAL COAST SECTION
2025
Track Field At-large Standards**

| <u>Girls</u> | <u>2022</u> | <u>2023</u> | <u>2024</u> | <u>Avg.</u> | <u>2024</u> | | | | | |
|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------|----------------------|--------------------|
| 100 | 12.55 | 12.63 | 12.8 | 12.66 | 12.66 | | | | | |
| 200 | 25.92 | 25.71 | 25.86 | 25.83 | 25.83 | | | | | |
| 400 | 59.45 | 59 | 58.4 | 58.95 | 58.95 | | | | | |
| 800 | 02:18.71 | 02:17.96 | 02:16.83 | 2:17.83 | 02:17.83 | | | | | |
| 1600 | 05:07.07 | 05:07.64 | 05:04.94 | 5:06.55 | 05:06.55 | | | | | |
| 3200 | 11:27.54 | 11:38.74 | 11:28.84 | 11:31.71 | 11:31.71 | | | | | |
| 100HH | 15.72 | 15.91 | 15.66 | 15.76 | 15.76 | | | | | |
| 300LH | 47.5 | 46.67 | 45.88 | 46.68 | 46.68 | | | | | |
| 400R | 50.31 | 50.27 | 49.76 | 50.11 | 50.11 | | | | | |
| 1600R | 04:14.44 | 04:08.00 | 04:02.15 | 4:08.20 | 04:08.20 | | | | | |
| | | | | | | <u>2022 in inches</u> | <u>2023 in inches</u> | <u>2024 in inches</u> | <u>avg in inches</u> | <u>avg in feet</u> |
| LJ | 16'10.00 | 16'9 | 17'1 | <i>see right</i> | 16'10.5 | 202 | 201 | 205 | 202.667 | 16.88889 |
| TJ | 34'08.00 | 35'7 | 35'4 | <i>see right</i> | 35'2.25 | 416 | 427 | 424 | 422.333 | 35.19444 |
| HJ | 5'0 | 5'2 | 5'0 | <i>see right</i> | 5'0 | 60 | 62 | 60 | 60.667 | 5.055556 |
| PV | 9'0 | 10'0 | 10'0 | <i>see right</i> | 9'8 | 108 | 120 | 120 | 116.000 | 9.666667 |
| Shot | 33'07.50 | 33'10 | 34'8.50 | <i>see right</i> | 34'0.5 | 403.5 | 406 | 416.5 | 408.667 | 34.05556 |
| Disc | 102'06 | 107'9 | 109'5 | <i>see right</i> | 106'6 | 1230 | 1293 | 1313 | 1278.667 | 106.5556 |

**CENTRAL COAST SECTION
2025
Track Field At-large Standards**

| |
|---------------------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| <i>avg in ft/in</i> |
| 21'3.25 |
| 42'6 |
| 6'0 |
| 13'0 |
| 47'2.5 |
| 138'10 |
| |

**CENTRAL COAST SECTION
2025
Track Field At-large Standards**

| |
|---------------------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| <i>avg in ft/in</i> |
| 16'10.5 |
| 35'2.25 |
| 5'0 |
| 9'08 |
| 34'0.5 |
| 106'6 |

CCS Trials and Finals Job Assignments

Trials

| <u>Events</u> | <u>School</u> | <u>School</u> | <u>Length*</u> |
|------------------------------|---------------|----------------------|----------------|
| 400m relay - 400m | Cupertino | Santa Clara | 2H, 40M |
| 100m - VG 3200m relay | Fremont | Gunn | 2H, 30M |
| VB 3200m relay - 1600m relay | Lynbrook | Saratoga | 2H, 40M |
| High Jump (2-3 workers) | Milpitas | MacDonald (official) | |

Finals

| <u>Events</u> | <u>School</u> | <u>School</u> | <u>Length*</u> |
|---------------------------|---------------|----------------------|----------------|
| 400m relay - 400m | Palo Alto | Mt. View | 1H, 20M |
| 100m - 200m | Homestead | Wilcox | 1H, 20M |
| 3200m relay - 1600m relay | Los Altos | Monta Vista | 1H, 35M |
| High Jump (2-3 workers) | Los Gatos | MacDonald (official) | |

*H: hours, M: minutes