

SEPTEMBER 24, 1969

MINUTES OF CROSS COUNTRY COACHES' MEETING
LOREN LANSBERRY **CHAIRMAN

Schools Represented: Carlmont, San Carlos, Woodside, Sequoia, Menlo-Atherton,
Palo Alto, Gunn

1. If any team plans on running in the game reserve during practice (S.F. Water Dept. Land), you must write to : Mr. Robert C. Rosen, Peninsula Division Mgr., San Francisco Water Dept., 1000 El Camino Real, Millbrae, California and get permission to do so. Send Mr. Rosen the following information:
 - a. The dates you plan on running there.
 - b. A roster of your team members.
2. Cross Country courses may be approximately three miles in length.
3. The postal meets will be three miles in length this year. Each coach should provide five (5) accurate stopwatches for this meet.
4. The Region II Meet (SPAL AND SCVAL) will have varsity, J.V., Soph., and Fresh divisions.
5. The SPAL will qualify five teams to the Region II Meet while the SCVAL will qualify seven teams.
6. In addition to the above, the SPAL can qualify the top five individuals who are not members of one of the top five teams provided these five individuals finish in the top half of the league final meet.
7. We will find out how many teams qualify from Region II to the Section Meet after the Section committee meets.
8. Each team in the SPAL is to send a \$5.00 entry fee for the SPAL championship meet to Loren L. Lansberry of Carlmont High to cover meet expenses.
9. The order of events at the championships will be Soph., Varsity, Fresh, J.V. unless changed by a vote of the league coaches before the meet.
10. The top five runners at a school must compete on the varsity in the championship meet. A school may not enter a J.V. team unless it has its top five running on the varsity.
11. Carlmont will provide a public address system of sorts at the championships.
12. Forrest Jamieson will look into getting ribbons for the center meets.

If there are any corrections or additions to these minutes please contact Jim Luttrell.