

TO: Cross Country Coaches of Region II of the Central Coast Section

FROM: 1970 Region II Meet Director - Verne Thornburg, Lynbrook High School

SUBJECT: 1. Region II Cross Country Meet
2. Qualifying to the Section Meet

PLACE: The Region II Cross Country meet will be held at Coyote Park, San Jose

DATE: Friday, November 20, 1970

TIME: Starting at 3:00 p.m.

WHO QUALIFIES FOR THE REGION II MEET:

All small schools within Region II may run in the small school fresh-soph and small school varsity races. Six (6) large schools from both the SPAL and SCVAL will qualify for the large school fresh-soph and large schools varsity races. In the junior varsity and fresh races, 6 schools from both the SPAL & SCVAL will qualify. If a team from outside these two leagues should like to run in the junior varsity and fresh races, please let me know. For the large school fresh-soph and varsity races, the following rule will also apply. Each league will also qualify any individuals whose team didn't qualify to the region II meet if they (the individual) placed in the top 10 percent of runners finishing in their race.

Small schools in Region II are: Mountain View, Monte Vista, Peterson and Santa Clara of the SCVAL
Ravenswood of the SPAL
Woodside Priory, Menlo School for Boys, St. Josephs and Pescadero--small schools

ORDER AND TIME OF RACES:

<u>RACE NUMBER</u>	<u>TEAM/DIVISION</u>	<u>TIME</u>
1	Small school Fresh-Soph	3:00 p.m.
2	Large School Fresh-Soph	3:15 p.m.
3	Small School Varsity	3:30 p.m.
4	Large School Varsity	3:45 p.m.
5	Junior Varsity	3:55 p.m.
6	Fresh	4:10 p.m.

Each team will be limited to seven (7) runners.

COURSE: The course is 2.65 miles of grass and dirt paths. This is the same course used for the Center Meets.

AWARDS: SMALL SCHOOLS: Varsity, plaques for 1st and 2nd place teams, ribbons for top ten runners.
Soph-Fresh, ribbons for top ten runners

LARGE SCHOOLS: Varsity, plaques for 1st and 2nd place teams, ribbons for top fifteen runners
Soph-Fresh, ribbons for top fifteen runners.

GENERAL: Come dressed. Be on time and ready to run. Spikes will not be allowed on the course. There will be no one on the course 15 minutes prior to the first race, this will be 2:45 p.m. From that time on, the school found on the course will have your team disqualified. If you are not running in that race, you will have your next team disqualified, or if you do not have any further teams to run, your last run team will be disqualified. The definition of team is any runner or runners for a school within a given race. PLEASE do not force me into a position of having to disqualify a team. If someone gets lost, is injured, etc. see the meet director and he will allow a runner on the course for the emergency.

WHO QUALIFIES FOR THE SECTION MEET:

The four Regions will qualify teams to the finals as follows. Consult your minutes from the last CCS meeting for the breakdown of small and large schools in other Regions. If you are a small school and want to run in the large school division, please notify me by telephone call, prior to November 17th. I do not believe that any school in Region II has lost enough population this year to place it in the small schools division via the hardship rule, so this isn't a problem in Region II.

REGION	I	II	III	IV
large	3	5	5	2
small	2	2	3	5
total	5	7	8	7

If you have any questions, feel free to contact me at home (379-0474). Good luck and see you at the Region Meet.

ADDED INFORMATION:

While typing this letter, an important sentence was omitted. It had to do with the "10%" rule discussed in WHO QUALIFIES FOR THE REGION II MEET. The sentence stated "In the junior- varsity race and frosh race, the same 10% rule will hold true as it does for the large schools Fresh-Soph and Varsity races."

Walter E. Gromberg

LAST MINUTE NOTES:

1. Please note the change of times for Heats 2 & 3.
2. Be on time and ready to run. Several runners in Region III were left behind. Spikes will not be allowed on the course. There will be no one on the course 15 minutes prior to the first race, this will be 2:45 p.m.. You will not be allowed to cross the creek bridge after 2:35 p.m., because you can't be off the course by 2:45 p.m. if you are just starting. Do not interfere with runners near the finish line. Let them see where they are running. PLEASE do not force me into a position of having to uphold the Section rule and disqualify anyone. If someone gets lost, is injured, etc. see the meet director and I'll allow a runner on the course for the emergency.

WHO QUALIFIES:

- 5 teams and up to 5 individuals (if they are in top 10% of their race) qualify from Region II in large school F-S, varsity, open junior varsity and frosh races.
- 2 teams and up to 2 individuals (see above) in small schools F-S and varsity.

COURSE: 2.65 miles of grass and dirt paths. Record is held by Hart of Willow Glen at 12:49, with the team time record held by Willow Glen 65:27

PLEASE note that the course has been marked by the college division last week. Don't let their markings confuse you. Region III said that as long as you stayed on the grass as you came to the finish line, you could run any way you wanted. I believe that this is at least 2 seconds per man, so we will run the same way. As you run to the finish chute, just stay on the grass and forget the bushes and little trees. Just stay on the grass. Let's beat their times.

Region III Willow Glen wins 65:27 Mt. Pleasant 66:05 Hart is good, but only runner under 13:00. other teams well back. Camden was lucky to break 68:00. They ran together.

Gilroy is tough in both small school F-S and Varsity.

Overfelt will win CCS large school's F-S with ease. They are good, and can beat most varsity teams. Silver Creek was second & Mtn. Pleasant third. They may go 1, 2, 3 in CCS. I was very impressed as I felt that Mtn. Pleasant would win.

While Region III is impressive in the frosh-soph races, they are weak in the frosh. Only Leigh has a team that can deal with the frosh from Region II. They appear to have moved all good sophs and frosh into the frosh-soph divisions. I believe that only Mtn. Pleasant had any sophs on the varsity race. Excuse me, Swift of Branham ran varsity.

Region III varsity WG, MP, Cam, Lei, Bran
JV WG, Cam, Lei, MP, West
frosh-Soph Over, Sil C, MP, WG, West
small school F-S Gilroy, Live Oak, ?
" " varsity- Gilroy, Leland, Lick
Frosh- Leigh with Black, Del Mar, Sar. Over looking like they may have made it.