

ADVANCE INFORMATIONAL BULLETIN

TO: Cross country coaches interested in attending cross country meets to be held on the Crystal Springs Course. (Length of course-approximately 3 miles)

FROM: Center Meet Director-Crystal Springs Course

SUBJECT: Conduct of the various meets to be held this coming season, dates, special conditions etc.

1. Following are dates that will be open for center meets, league meets, and region meets for the 1971 high school cross country season.
2. This course will also be the home course for three colleges.
3. ENTRY FEE will be \$0.20 (cents) per boy.
4. DATES:
  - a. First Center Meet.....October 14th....(Thursday).....2:46pm
  - b. Second Center Meet.....October 21st....(Thursday).....2:46pm
  - c. Third Center Meet.....October 28th....(Thursday).....2:46pm
5. No one will allowed on course once races have begun. This rule will be strictly enforced.
- \* 6. 14th Annual Track and Field News "POSTAL MEET". Hosted by Leigh and Carlmont High schools. Meet will be held at San Jose State College. The Meet Will Be Seeded. Entry Fee Will be \$0.25 per boy. Additional information will sent at a later date. Please inform meet managers at a early date if you plan to compete.
7. League Finals.....November 12th.....Friday.....2:00pm  
Contact league chairman for exact time etc.
8. Central Coast Section, Region II Meet.....November 19th....Friday.....2:00pm.
9. Central Coast Section Finals....November 24th.....Wednesday.....3:00pm  
Alum Rock Park.
10. POSTAL RACE--Three Miles.....November 27th & December 4th...time and place to be announced.
11. Please send entry fee in care of Loren Lansberry, Carlmont High School, Belmont, California, 94002 prior to your participation in any center meet that is held on the Crystal Spring Course.
12. Tentitive Schedule for Center Meets:

a. 1st heat: 2:46pm	Sophomore Race	e. 5th Heat: 4:00pm
b. 2nd heat: 3:00pm	Varsity Race	f. 6th Heat: 4:20pm
c. 3rd heat: 3:20pm	J.V. Race	g. 7th Heat: 4:40pm
d. 4th heat: 3:40pm	Frosh Race	h. 8th Heat: 5:00pm
- \* Postal date.....November 6th.....Saturday.....9:00am

Thank you for your time and interest in reading this through; hoping for support.

Sincerely,

Loren L. Lansberry  
Carlmont High School  
Belmont, California  
94002

MINUTES OF CENTRAL COAST SECTION CROSS COUNTRY MEETING

Tuesday, October 5, 1971

Present: All league chairmen of the CCS

1. If wrestling gets a state meet for the 1972-73 school year then it looks as though cross country and other sports will follow. Football would be an exception.
2. Each league chairman will notify the Region meet director by the Monday prior to the Region meet which schools in his league will compete in the large school division and which schools will compete in the small school division. This means that any SPAL small school must notify the league chairman if it wants to enter the large school division.
3. The postal meet on November 6, 1971, which is hosted by Carlmont and Leigh, will have both morning and afternoon sessions. This is to take care of the boy who has to take a test in the morning.
4. Vern Thornburg will put out a phone directory of all CCS cross country coaches soon.
5. No spikes will be allowed at the CCS meet this year.
6. A coordination of the dates at Crystal Springs will be initiated next year. There is a couple of conflicts this year that could be avoided.

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MINUTES OF SPAL CROSS COUNTRY MEETING - December 2, 1971

Held at Cubberley High School

1. The SPAL representative will recommend to the next CCS Cross Country meeting that the top three runners, regardless of their place, in each Region meet, who are not members of a qualifying team, be allowed entry into the Section meet.
2. The SPAL representative will recommend to the next CCS Cross Country meeting that only two sites be used for the section championships. We will recommend Coyote Park and Crystal Springs as the two sites.
3. The SPAL representative (Cross Country) will recommend to the executive board meeting that the Board of Managers purchase ribbons for J.V.'s (10). It was reported that at the last Board of Manager's meeting that freshman medals (10) would be purchased by the Board starting in 1972.
4. Be it noted here that the SPAL sends six teams to the Region II meet.
5. The SPAL recommends (4-1) that only runners who competed in the J.V. division ~~in the~~ in the Region meet be allowed to compete in the J.V. division in the Section meet
6. Next year (1972), in picking an all-league SPAL Team in cross country, the League Finals, Center Meets, Region Meet, Section Meet, and Postal Meets will be given consideration. Greatest emphasis will still be placed on the SPAL Championship Meet.
7. Coach Jim Luttrell from San Carlos will host center meets in 1972 at Crystal Springs if o.k. with other leagues.
8. The SPAL chairman is to write a letter to the Tribune and explain how much we all appreciate the cross country coverage, but that maybe a few more words could have been written about teams other than Carlmont.

Jim Luttrell

P.S. Carlmont, Woodside, Jordan, Terman, Wilbur, and San Carlos have paid their SPAL cross country dues for this past season. Would you other schools please send the \$5.00 to Jim Luttrell -SPAL Cross Country Chairman as soon as possible.

SPAL TRACK & CROSS COUNTRY COACHES MEETING

DATE: Thursday Dec. 2  
Place: Cubberley Boys PE office  
Time: Cross Country 7:00 PM  
Track: 7:30 PM

TRACK AGENDA:

1. Divisions of competition for the dual meet season. (V-JV-F) or (V-S-F)
2. Should the championship meet counting for the overall league title be brought up again to the executive board?
3. Starters. (selected by Hammig) ?
4. New track chairman to replace Clay Henry