

Agenda For 9/4/12 SCVAL Cross Country Meeting

1. CCS Meeting

It was held on 8/29.

CCS Meet will be run at Toro Park on 11/10

If meet is rained out, then 11/13

League Rep will notify coaches if there is a rainout

T-shirts available 5 days prior to the CCS meet

4 coaches will be admitted free to the CCS meet

Reduced rate for students, seniors, and kids under 12

There is a free online course for heat illness

There is a free course for concussions.

2. Division Splits for SCVAL teams

<u>DeAnza</u>	<u>El Camino</u>
Div 1 Fremont	Div 1 Gunn (G)
Div 1 Homestead	Div 1 Milpitas
Div 1 Monta Vista	Div 1 Palo Alto
Div 2 Cupertino	Div 1 Santa Clara
Div 2 Los Gatos	Div 1 Wilcox
Div 2 Lynbrook	Div 2 Gunn (B)
Div 3 Saratoga	Div 2 Los Altos
	Div 2 Mt.View

3. Qualifying For the CCS Meet

- a. You must finish in the top half of the league or be the top team in your division in order to qualify for the CCS meet.

If you run the team times shown below at the league finals, you will qualify as an at-large entrant to the CCS meet even if you do not finish in the top half of the league.

	<u>Boys</u>	<u>Girls</u>
Div 1	85:18	106:16
Div 2	86:22	104:29
Div 3	86:22	105:55

The top 3 individuals in each league that are not on a qualifying team will qualify for the CCS meet.

- b. Entries to the CCS meet must reach the CCS office by Noon on 11/5/12.

- c. The time schedule for the CCS meet is as follows:

Div III	Girls	10:00AM	Boys	10:35AM
Div IV	Girls	11:10AM	Boys	11:45AM
Div V	Girls	12:20PM	Boys	12:55PM
Div I	Girls	1:30PM	Boys	2:05PM
Div II	Girls	2:40PM	Boys	3:15PM

- d. The coach arriving first should complete the list that shows which coaches will be attending the meet.
- e. Your AD can print out certificates for individuals who participate in the CCS meet.

4. Central Park Invitational ^{9/25}

- a. The meet will be run on 9/27th at Central Park in Santa Clara. All schools must participate in this meet.
- b. The cost will be \$1,000 plus timing costs (if we decide to pay for such services). A check for each school's share of the cost should be made out to Santa Clara.

5. Crystal Springs Center Meet - 10/2/12

- a. Bridget Hall of Milpitas will be the meet director.
- b. All schools will help with this meet. The meet director will determine the duties for each school.
- c. There will be no awards for this race.
- d. The cost for each school will be determined by Bridget Hall. A check for this amount should be made out to Milpitas H.S. and given to Hall.
- e. All schools must participate in this meet.
- f. All teams participating in the meet will time their own runners.
- g. The time schedule will be:
 - 3:30 PM Frosh Race - boys and girls
 - 4:00 PM Soph Race - boys and girls
 - 4:30 PM Junior Race - boys and girls
 - 5:00 PM Senior Race - boys and girls

The girls races will start 3 minutes after the boys in each race.

6. Baylands Park in Sunnyvale Meet - 10/16/12

- a. All schools must participate in this meet
- b. Who wants to direct this meet?
- c. The costs of this meet will be determined at a later date.
- d. We should pay these costs as soon as possible?
- e. Meet director will determine duties for each team.
- f. What should the meet schedule be?

Last Year the schedule was as follows -

- 3:15PM Frosh/Soph Boys (unlimited number of entrants)
- 3:45PM Varsity B Girls (Unlimited # of entrants)
- 4:20PM Varsity B Boys (unlimited # of entrants)
- 4:50PM Varsity Boys (7 runners per team)
- 5:15PM Varsity Girls (7 runners per team)

Do we want a different race order this year?

7. SCVAL League Finals -10/30/12

a. The directors of this meet for the next several years are:

	<u>El Camino</u>	<u>DeAnza</u>
2012	Gunn	Saratoga
2013	Mt. View	Monta Vista
2014	Los Altos	Fremont
2015	Milpitas	Lynbrook
2016	Santa Clara	Los Gatos
2017	Wilcox	Homestead
2018	Palo Alto	Cupertino

b. 2012 Job Assignments

	<u>El Camino</u>	<u>DeAnza</u>
Starter		
Scorer	McConnell	McConnell
Tags		
Chute		
Timer	McConnell	McConnell
Results	McConnell	McConnell

c. Time Schedule

The schedule that we used last year is as shown below. Do we want to use the same schedule?

	<u>DeAnza</u>	<u>El Camino</u>	
F/S Boys	2:00	2:15	Unlimited
F/S Girls	2:30	2:30	Unlimited
Var Boys	3:00	3:15	Max 7 scoring
Var Girls	3:45	4:00	Max 7 Scoring
JV Boys	4:30	4:30	Unlimited
JV Girls	4:45	5:00	Unlimited

TBD

As per our agreement at the 2003 post-season meeting, the DeAnza league will run first in 2012 and the El Camino league will run first in 2013.

Mark McConnell has agreed to do the timing for us this year.

9th through 11th graders may compete in the JV races.

Although we are allowed to run a frosh-soph girls and a JV boys race as part of the league finals, the league recognizes just the varsity, frosh-soph boys, and JV girls races for purposes of determining league championships.

Coaches will designate their scoring 7 runners prior to the start of the varsity races. All scoring runners will start on the front line. All non-scorers will start on the back line.

d. Qualifying to the State Meet

(i) Teams will qualify as follows:

	<u># of Boys Teams</u>	<u># of Girls Teams</u>
Div 1	2	2
Div 2	3	3
Div 3	3	3
Div 4	3	4
Div 5	3	3

(ii) The top 5 individuals in each division who are not on a qualifying team go to the State Meet as long as they finish in the top 12 for the divisions qualifying 2 teams, top 14 for divisions qualifying 3 teams, and top 16 for divisions qualifying 4 teams.

8. Post-Season Evaluation Meeting

a- 11/26/12 (Monday) at 4PM?

b- Where?

9. Discussion of any other item that a coach would like to discuss -

10. Rules for using Crystal Springs:

a. At no time is there to be anyone up on water tank hill.

b. Buses are to drop off athletes after the the last house on the right side of Hallma Avenue. After dropping off the athletes, the buses are not to turn around using the driveways. They should use the streets. Also, the buses should not double park while dropping off the runners. If they do so and a police officer observes them, they will be given a ticket. Further, the school will be subject to banishment from the course in the future.

c. There is to be no throwing of objects, including rocks, frisbees and footballs. There is also no music boxes that others will hear. Personal CD players/ radios are okay.

d. There is to be no hanging out in people's yard. It is private property. Athletes may not go onto Hallmark Dr after the meet unless accompanied by their coach and, then, only if their bus is ready to pick them up.

e. There is no smoking or pets in the park. Please remind the parents.

f. Each team is responsible for clearing their own trash before leaving their area.

g. No plastic or cardboard will be allowed to be dumped in the dumpster box or green garbage bins. Each team is responsible for removing all plastic bottles and cardboard boxes from the course.

h. Tickets with a minimum fine of \$25.00 will be

i. All coaches should read the "Crystal Springs Race Director's Handbook," which can be found at --
http://www.sml1.com/ncxc/xc_results.html#meet%20info

11. All teams must get a permit to bring their teams to Rancho San Antonio Park. See -

http://www.openspace.org/preserves/permit_information.asp