

Agenda For 8/20/13 SCVAL Cross Country Meeting

1. CCS Meeting

It was held on 8/14.

CCS Meet will be run at Crystal Springs on 11/16

If meet is rained out, then 11/19

League Rep will notify coaches if there is a rainout

T-shirts available at least 5 days prior to the CCS meet

4 coaches will be admitted free to the CCS meet

Reduced rate for students, seniors, and kids uner 12

2. Division Splits for SCVAL teams

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

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 11/11/13. The league representatives will submit the entries. Coaches should submit their entries to the league representatives as soon as possible. Substitutions for members of teams can be made on the day of the CCS Meet. No substitutions for individual entries may be made After Noon on 11/11/13.

- 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. Crystal Springs Center Meets - 9/10/13 & 9/24/13

- a. Bridget Hall of Milpitas will be the meet director.
- b. All schools will help with these meets. The meet director will determine the duties for each school.
- c. 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.
- d. All schools must participate in these meets.
- e. All teams participating in these meets will time their own runners.
- f. The time schedule, the distance of each race, and the type of races (F/S, varsity, etc) for the 9/24/13 meet will be determined by the coaches during our pre-season meeting. *Will be the same order and time schedule as the Baylands meet.*
- g. The time schedule for the 9/24/13 will be as shown below.

Times subject to change based on what Bridget decides.

3:00 PM	Short course race (1.8 mi) boys & girls
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 - 10/22/13

- a. All schools must participate in this meet
- b. Wilcox and Lynbrook will 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 directors will determine duties for each team.
- f. We agreed at our post-season meeting to hold this meet on 10/15/13. However, our league finals is a week later this year. So, I changed the meet to 10/22. The 10/15 date is still available. Do any of the coaches prefer to go back to the 10/15 date?
- g. What should the meet schedule be?

Last Year the schedule was as follows -

3:15PM	Varsity Boys (7 runners per team)
3:40PM	Varsity Girls (7 runners per team)
4:10PM	Varsity B Boys (unlimited # of entrants)
4:40PM	Varsity B Girls (Unlimited # of entrants)
5:15PM	Frosh/Soph Boys (unlimited number of entrants)

Do we want a different race order this year?

7. SCVAL League Finals -11/5/13

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

	<u>El Camino</u>	<u>DeAnza</u>
2013	Mt.View	Monta Vista
2014	Los Altos	Fremont
2015	Milpitas	Lynbrook
2016	Santa Clara	Los Gatos
2017	Wilcox	Homestead
2018	Palo Alto	Cupertino
2019	Gunn	Saratoga

b. 2013 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>El Camino</u>	<u>De Anza</u>	
F/S Boys	2:00	2:15	Unlimited Top 10
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

11/12 runners (3 min behind)
Wait for "minutes" to come out.

As per our agreement at the 2003 post-season meeting, the El Camino league will run first in 2013 and the DeAnza league will run first in 2014.

All non-scoring junior/senior boys will run in the 2nd heat of the boys varsity race. All non-scoring senior girls will run in the 2nd heat of the girls varsity race. Possibly, we can start these latter races 3 minutes after the first heats of the varsity races.

There are no limits on the number of runners who may Run in the JV girls and FSB races. So, we may decide each year at our pre-season meeting whether to run 2nd heats for 9th thru 11th graders in the JVG race and a 2nd heat for FSB.

Mark McConnell has agreed to do the timing for us this year but must find out what his teaching schedule will be before he commits to the job.

d. Qualifying to the State Meet

(i) Teams will qualify as follows:

	<u># of Boys Teams</u>	<u># of Girls Teams</u>
Div 1	3	2
Div 2	3	3
Div 3	3	2
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- 12/2/13 (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 Hallmark 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. No music boxes that others may hear are allowed. Personal CD players/ radios are okay.

d. There is to be no hanging out in residential yards. These yards re 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 issued.

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

12. Honor Coach voting

Bridget - Boys
Kenrick - Girls

2013 Cross Country Invitationals

Date		Name of Meet
09/05/13	Thursday	N.Salinas Toro Prk Invtl
09/07/13	Saturday	Earlybird Invtl
09/14/13	Saturday	Chieftain Invtl
09/14/13	Saturday	Stevenson Invtl
09/17/13	Tuesday	Lynbrook Center Meet
09/21/13	Saturday	Earthquake Invtl
09/28/13	Saturday	Stanford Invtl
09/28/13	Saturday	Ram Invtl
10/02/13	Wednesday	Salinas City Championships
10/05/13	Saturday	Artichoke Invtl
10/05/13	Saturday	Pacific Grove Invtl
10/12/13	Saturday	Serra Invtl
10/17/13	Thursday	Center Meet #1
10/18/13	Friday	Monterey Bay Invtl
10/19/13	Saturday	Monterey Bay Invtl
10/24/13	Thursday	Center Meet #2
10/31/13	Thursday	Lynbrook Invtl

Non-CCS Invitationals

09/14/13	Saturday	Lowell Invtl
09/14/13	Saturday	Ed Sias Invtl
09/21/13	Saturday	Frogtown Invtl
09/21/13	Saturday	DeLaSalle/Carondelet Invtl
10/12/13	Saturday	Castro Valley Trojan Invtl
10/12/13	Saturday	Clovis Invtl
10/18/13	Friday	Rough Rider Invtl
10/25/13	Friday	Mt SAC Invtl
10/25/13	Saturday	Mt SAC Invtl

