

**SCVAL Championship 2015
(October 25, 2015 Document Version 2 for distribution)**

Race Schedule for Tuesday, November 4

**Chute and Tag Pulling Volunteers, and finish area coaches (Palo Alto and Fremont),
to meet in finish area at 1:00pm**

Coaches' Meeting at 1:15pm

	DAL	EC
JVG	1:45PM	2:00PM
FSB	2:30PM	2:45PM
VG	3:15PM	3:30PM
VB	4:00PM	4:15PM
VARSHIP AWARDS CEREMONY		4:45PM

JVG/FSB Awards before the corresponding Varsity race (EC JVG awards before EC VG, etc.)

Heats:

- Varsity Races: There will be a scoring (1st heat) and a non-scoring (2nd heat) heats for both the VG and VB races. There will be a maximum of 7 runners per school in the scoring heat.
 - The non-scoring 2nd heats of each of the varsity races will start 1 minute after the first heat.
- El Camino FS Boys Race: Due to the expected size of this race, there will be a first and second heat. There will be a maximum of 15 runners per school in the first heat.
 - The 2nd heat will start 1 minute after the first heat.
- De Anza League FS Boys Race: At this time, we are planning on running this as one heat; HOWEVER for teams more than 15 runners in this division, please designate your top 15. If the size of this race requires two heats, we will notify the coaches in advance and the 2nd heat will start 1 minute after the first heat.
- The JV girls' races are planned to run in a single heat. If entries in either the DAL or EC JV girls' race is larger than anticipated, the coaches will be polled by email in advance of the meet to determine if multiple heats are desired.

Assignments

- The Monta Vista trainer will be once again be able to come and help the medical staff on-site at the finish again this year. If any other school can also provide an additional trainer, we believe this medical support would be beneficial to the running of the races and be great assistance to the runners.

Meet Director: Monta Vista

Co-Meet Directors (Day-of only): Coaches to Help In Finish Area. Select Sportsmanship award winners. Palo Alto (EC), Fremont (DAL) (note—this job must be done by a coach or an assistant coach, not a parent. Having someone with race knowledge is helpful in problem solving. We need people who know their way around a race to make things run smoothly.)

Medical Coordinator: Monta Vista (Suanne Flatow)

Check In: Wilcox

Starters: Santa Clara (EC), Lynbrook (DAL) (includes getting the start time and second wave delay to Hank—'Back up timer')

Street Management at entrances: Santa Clara, Lynbrook (one person until 15 minutes before meet start)

Timer Asst (check with Hank for needs; these are the people who are clicking the computer as athletes finish. Please note that if the job is going to be shared, ALL the people who will be doing this job must come to be trained by Hank before the start of the race. Please do not trade off to an untrained volunteer): Mountain View (EC), Los Gatos (DAL)

Sweep last 800m of course (before start of each EC race): Palo Alto

Tags (4 volunteers each): Gunn (EC), Los Altos (EC), Saratoga (DAL), Cupertino (DAL)*

Chute (4 volunteers each): Milpitas (EC), Los Altos (EC), Homestead (DAL), Fremont (DAL)*

***Please ask Tag and Chute volunteers to come to the finish area at 1:00 for training.**

Results Posting: Monta Vista

Back Up In Finish Area/Medals: Monta Vista

Timing and results: Hank Lawson

Reminders about Crystal Springs Rules

1. Please review the Crystal Springs once more and relay the important items with team and parents.

2. You must have medical kits and medical/insurance releases for all athletes before you pick up your teams' bibs.

3. Remind your parents NOT to call 911, contact the emergency contact person or the EMT/Peter Tapia on site. THE MONTA VISTA TRAINER WILL ALSO BE ON SITE NEAR THE FINISH LINE.

4. It seems weird that kids do this but please remind your athletes--**don't throw rocks, dirt, Frisbees, anything.**

5. Recycling ONLY in the plastic recycle bins. Trash in the dumpster. To be safe, you can simply haul all trash and recycling away after the meet of course. We are planning to 'sweep' afterwards but still...please clean up after ourselves.

6. No bicycles, pets, etc--let the parents know.

7. Stay off yards on entering and exiting the park, polite to neighbors, etc. I always think we are pretty good here but I guess if I were a neighbor and kids walked across my yard I'd be upset--I can't imagine it happens much but let's remind the kids.

Everything else is in the handbook, but these are the items where it seems we most commonly get dinged.