

Agenda For 8/25/15 SCVAL Cross Country Meeting

1. CCS Meeting

It was held on 8/12.

CCS Meet will be run at Crystal Springs on 11/14

If meet is rained out, then 11/17

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 under 12

There is a new hardship rule for runners on a non-qualifying team

Who did not run in their league finals due to a hardship.

The State is considering is considering setting up divisions based upon competitive balance for future years.

2. Division Splits for SCVAL teams

<u>DeAnza</u>	<u>El Camino</u>
Div 1 Fremont	Div 1 Los Altos Girls
Div 1 Homestead	Div 1 Milpitas
Div 1 Monta Vista	Div 1 Palo Alto
Div 1 Cupertino	Div 1 Wilcox
Div 2 Los Gatos	Div 2 Gunn
Div 2 Lynbrook	Div 2 Los Altos Boys
Div 3 Saratoga	Div 2 Mt.View
	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	85:20	106:04
Div 2	86:12	104:05
Div 3	86:25	105:51

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

Individuals who do not qualify because their team did not qualify or because they were not one of the top 3 individuals from the non-qualifying teams will qualify if they run better than these at-large standards.

	<u>Boys</u>	<u>Girls</u>
Div 1	17:24	21:36
Div 2	17:30	21:19
Div 3	17:35	21:36

- b. Entries to the CCS meet must reach the CCS office by Noon on 11/9/15. 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 11/9/15.

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

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

- d. Coaches can print out certificates for individuals who participate in the CCS meet. Listed under playoff information on CCS website.
- e. There is a new individual hardship rule.
- f. Limit of 4 free coaches to the CCS meet
- g. No runners on the course during the races.
- h. Live race results can be seen on your Iphone after each race.

4. SCVAL Meet #1 - Central Park Invitational - 9/29/15? or 9/08/15 TBD

- a. The date of this meet in Central Park in Santa Clara will be decided at this meeting. All schools must participate in this meet.
- b. The cost will be \$1,000 plus timing costs. A check for each school's share of the cost should be made out to Santa Clara.

Busses for pick up should not arrive before 6:00pm

5. SCVAL Meet #2 - Crystal Springs - 10/6/15

- a. Bridget Hall of Milpitas will be the meet director.
- b. All schools will help with the meets. The meet director will determine the duties for each school.
- c. The cost for each school will be determined by the meet director. A check for this amount should be made out to the school of the meet director and given to the director.
- d. All schools must participate in this meet.
- e. The time schedule for the meet last year is shown below with the girls starting 3 minutes after each boys race. Do we want to continue with the same schedule?.

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

6. SCVAL Meet #3 - Baylands Park in Sunnyvale Meet - 10/20/15

- 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. 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 the same race order this year? *yes*

7. SCVAL League Finals -11/4/14

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

	<u>El Camino</u>	<u>DeAnza</u>
2015	Monta Vista	Monta Vista
2016	Los Altos	Fremont
2017	Milpitas	Lynbrook
2018	Santa Clara	Los Gatos
2019	Wilcox	Homestead
2020	Palo Alto	Cupertino
2021	Gunn	Saratoga
2022	Mt.View	Monta Vista

b. 2014 Job Assignments

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

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>	
JVG	1:45PM	2:00PM	Unlimited
FSB	2:30PM	2:45PM	Unlimited
VG	3:15PM	3:30PM	Max 7 Scoring
VB	4:00PM	4:15PM	Max 7 Scoring

As per our agreement at the 2003 post-season meeting, the El Camino league will run first in 2015 and the DeAnza league will run first in 2015.

Last year, all non-scoring junior/senior boys ran in a 2nd heat of the boys varsity race, starting 1:00 after the first heat. As per our pre-season minutes, we intended that the non-scoring senior girls do as the boys did but I think that due to the small number of girls in the field that at least the El Camino non-scorers starting in the first heat but on the 3rd line.

There are no limits on the number of runners who may run in the JVG and FSB races. Our bylaws allow each league to run all of its FSB and JVG together or to run a 2nd heat for these races. For 2014 the DeAnza league decided to run all of its FSB and JVG in one race (111 in the FSB race and 94 in the JVG race). The El Camino decided to run two races for the FSB (81 and 73) and one JVG race (97) The 2nd FSB race for the El Camino league started 2 minutes after the 1st heat.

i. Qualifying to the State Meet

a. 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	3
Div 4	3	3
Div 5	3	2

- b. 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- 11/17/15 (Tuesday) at 5:30PM

b- Where? *Take's Pizza in Sarasota*

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 are 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

AthNet to register.

Sarasota guys coach - Scott Ewing