

2017 SCVAL CROSS-COUNTRY CUP

What is the SCVAL CUP: The coaches created the SCVAL CUP to recognize athletes who perform well as individuals in the SCVAL center meets. While the ultimate goal for all cross-country teams is to win as a team at the league championship meet, the SCVAL coaches would also like to recognize all the athletes who consistently work hard and perform well throughout the league season—hence, the SCVAL CUP!

How the SCVAL CUP is scored: After each meet, all the athletes in each class will be merged from all races. It does not matter if the athlete runs in Varsity, Varsity-B, JV, or Frosh-Soph; all athletes will be ranked with others in their class. Then the top 50 athletes in each class will be assigned points—50 for first, 49 for second, etc. So the first senior boy in the Central Park race gets 50 points, the second 49 points...the first junior boy also gets 50 points, the second gets 49 points...and on and on. The total points scored from Central Park, Crystal Preview, and Baylands are added together to score the athletes over the course of the season in each class. The 25 athletes, boys and girls, in each class with the highest combined point totals will be recognized as SCVAL CUP winners—200 athletes in all!

Results: Results will be published at <http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2017/2017.htm> after every SCVAL meet.

Recognition: There will be small awards given to all 200 SCVAL CUP honorees at the end of the season, and recognition on the results board at the SCVAL Cross-Country Championships.

2016 SCVAL Cup Recap: The first annual SCVAL Cup series was completed with the third race in the series, the Baylands 5km center meet on October 18, 2016.

Impressively, five SCVAL athletes ran the table with the fastest times in their class in all three cluster meets for perfect 150 scores—records that may be tied but never broken! These five athletes were:

- Kent Slaney, Senior, Palo Alto
- Sophia Kennedy, Sophomore, Santa Clara
- Henry Saul, Sophomore, Palo Alto
- Oriana Jalal, Freshman, Cupertino
- Justin Chiao, Freshman, Gunn

Gunn High School ended up with the most SCVAL Cup honorees for the season with 26, followed closely by Monta Vista and Palo Alto with 25 each. Every team in the league had athletes earn Top 25 status.

Complete SCVAL Cup scoring was posted on the Lynbrook cross-country site.

All 200 SCVAL Cup honorees receives a small token of recognition. Each year we will try to come up with a slightly different gift/award for your achievement so athletes can collect four different SCVAL Cup items during their four years in cross-country.

Thanks to: Scoring is made possible through the support of **XCStats**. Go to <http://www.xcstats.com/index.php> to get great analysis of individual and team cross-country performances.