

A few last minute details

Buses cannot park in the school lots. The school usually has functions all day and into the evening. Buses need to park on Johnson Ave or around Rainbow park. Again please unload and load buses on Johnson Ave.

We will have a snack shack open with a posted menu

For the varsity races I did a random drawing. First team lines up next to the fence, then 2, then 3 and so on.

BOYS

Adrian Wilcox 7

Cupertino 14

Fremont 13

Henry M. Gunn 12

Homestead 4

Los Altos 6

Los Gatos 11

Lynbrook 9

Milpitas 1

Monta Vista 2

Mountain View 8

Palo Alto 3

Santa Clara 10

Saratoga 5

GIRLS

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**I will need 1 or 2 helpers from each school to help at finish chute or be a course monitor.
Have you volunteers find Bernie Ramos, Luca Signore at the start area 3:15 for a job assignment**

SCVAL Meet #1

Important Information

Lynbrook student pickup is in the front of the school and is a mess. Therefore, if you bring a bus drop off on Johnson Avenue in front of the parking lot. Walk down the road next to the pool and go to the stadium. We cannot start the meet until student pick up is mostly complete. I have to coned off in front of the tennis courts.

You can use the stands on either side of field. Please stay out of the school area

Stay off the football and Field Hockey Fields. Both will have on going practices

The only people allowed at the mile mark are coaches as Tennis will be practicing and may have

matches.

There are bathrooms located at the snack shack and the red brick building next to the outside basketball hoops.

Parent and spectators can view the race from the stands or the service road. **DO NOT GO ON THE FOOTBALL OR FIELD HOCKEY FIELDS.**

All races will start on time. Runners have to be at the start 5 mins before the start. They can do strides outs on the 100 meters straight away. There will be 3 on front line all others will line up behind the three runners of that school.

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We will not hold up the start of a race for slower runners but they will be able to finish in the chute. Hopefully Hank can get their time but coaches should time runners that are still on the course when the next race starts.

We will have ice bags if needed. A trainer may be on site for emergencies. Bring your own first aid box for bandages and minor stuff.

Course maps and race information at

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2015/2015.htm>

<http://www.mappedometer.com/?maproute=457126>

The course goes as follows:

Start is on the track across from the snack shack

One lap around the track the exit at 300meter start line go out the gate at end of the visitor bleachers

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take service road and enter path.

Take the path that runs in front of the shot putt area and continue on the track exit at 300meter start line go out the gate at end of the visitor bleachers for the 2nd loop

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take service road and enter path.

Take the path that runs in front of the shot putt area and continue on the track

Go directly to the finish line which lines up with the 25-yard line on the football field.

Starting Line information

All teams need to be at the starting line area 5 minutes before their race time. The races will start on time.

All 14 schools will run in the varsity races at the same time. First the boy's race then the girl's race. I will put 2 on the start line, then 2, then 2 again, then 1 or 2. There will probably only be 100 in each varsity race. To make it fairer I will pull school names out of a hat and that team will line up in the first spot next to the fence then next name spot two and so on. No team can hold a spot. This is only for the varsity races.

After the varsity races are over we'll run by divisions. First DAL and then ECL.

The order of the races will be:

Varsity boys all DAL and ECL runners, 8 max 3:45

Varsity girls all DAL and ECL runners, 8 max 4:00

Frosh/Soph boys DAL will run 4:20

Frosh/Soph boys ECL will run 4:40

Varsity boys B DAL 5:00

Varsity boys B ECL 5:20

Varsity girls B DAL 5:40

Varsity girls B ECL 6:05

Note: In the frosh/Soph races any one that cannot run faster than 20 minutes should run in the Varsity B race. Or if you have lots of F/S you will want to split them.

If I missed something let me know. This should help with meet planning and I will update information when needed.

My cell is 408 355 8979

Thanks Jake

INVOICE

Lynbrook High School

1280 Johnson Ave.

San Jose, CA 95129

Attn: Judy Bohem

SCVAL School: _____

Event: SCVAL #1

Date: September 25, 2018

\$50 for Meet Set-up and tear down, Janitorial, Misc. expenses and Timing Services

Make check payable to "Lynbrook ASB XC" and send to above address. This is a school account.

Jake White
Lynbrook Cross Country Coach
Meet Director – SCVAL #1