

Agenda For 8/16/18 SCVAL Cross Country Meeting

1. CCS Meeting (8/8/18)

CCS Meet will be run at Crystal Springs on 11/10
If meet is rained out, then 11/13
League Rep will notify coaches if there is a rainout
T-shirt orders can be made as of November 1.
4 coaches will be admitted free to the CCS meet
Reduced rate for students, seniors, and kids under 12

2. Division Splits for SCVAL teams

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

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 or better 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	85:25	105:56
Div 2	86:01	103:54
Div 3	86:33	106:04

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 the times shown below or better.

	<u>Boys</u>	<u>Girls</u>
Div 1	17:24	21:34
Div 2	17:29	21:16
Div 3	17:35	21:36

- b. Entries to the CCS meet must reach the CCS office by Noon on 11/5/18. 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 11/5/18.
- c. The time schedule for the CCS meet will be as follows:
- | | | | | |
|---------|------|---------|-------|---------|
| Div II | Boys | 10:00AM | Girls | 10:35AM |
| Div III | Boys | 11:10AM | Girls | 11:45AM |
| Div IV | Boys | 12:20PM | Girls | 12:55PM |
| Div V | Boys | 1:30PM | Girls | 2:05PM |
| Div I | Boys | 2:40PM | Girls | 3:15PM |
- d. Coaches can print out certificates (see the CCS website) for individuals who participate in the CCS meet.
- e. Limit of 5 free coaches passes for each team to the CCS meet
- f. No runners on the course during the races. The course is available for warming up prior to the first race of the day. Thereafter, the runners should warm up on the side trail.
- g. Live race results can be seen on your I phone after each race and will also be posted on a board near the finish line.

4. SCVAL Meet #1 - 9/25/18 - Site & schedule to be determined

- a. All schools must participate in this meet.
- d. We used the schedule shown below last season. If the meet is run at Lynbrook high school, we will have to change the scheduled times as Lynbrook will be ending its class day at 3:30PM this year.

3:15PM Frosh Boys (All frosh boys except varsity runners)
3:40PM Varsity Boys (8 runners per team)
4:00PM Varsity Girls (8 runners per team)
4:20PM Soph Boys (All soph boys except varsity runners)
4:40PM Varsity Boys #2 (All remaining junior and senior boys)
5:05PM JV Girls (Limit of 10 runners)
5:30PM Varsity Girls #2 (All remaining girl runners)

5. SCVAL Meet #2 - Crystal Springs - 10/2/18

Kirk Flatow of Monta Vista has agreed to direct this meet.

- a. All schools will help. The meet director will determine the duties for each school.
- b. 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.
- c. All schools must participate in this meet.
- d. We used the schedule shown below last season.
 - 2:30 PM Coaches & runners meeting to discuss course rules & regs.
 - 3:15 PM Boys Reserve Race (All boys that do not fit into another race)
 - 3:40 PM Frosh Boys (10 boys per team)
 - 4:05 PM JV Girls (Unlimited number of runners from each school)
 - 4:35 PM Soph Boys (10 boys per school)
 - 5:00 PM Varsity Boys (10 boys per school)
 - 5:20 PM Varsity Girls (10 girls per team)

6. SCVAL Meet #3 - Baylands Park in Sunnyvale Meet - 10/17/18

- 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?

The schedule will be 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)

7. SCVAL League Finals -10/30/18

Kirk Flatow has agreed to indefinitely direct this meet. When he decides to no longer be the meet director, the directorship of the meet will begin in the following order --

	<u>El Camino</u>	<u>DeAnza</u>
2018	Los Altos	Fremont
2019	Milpitas	Lynbrook
2020	Santa Clara	Los Gatos
2021	Wilcox	Homestead
2022	Palo Alto	Cupertino
2023	Gunn	Saratoga
2024	Mt.View	Monta Vista

- b. 2018 Job Assignments

	<u>El Camino</u>	<u>DeAnza</u>
Starter		
Scorer	Lawson	Lawson

Tags		
Chute		
Timer	Lawson	Lawson
Results	Lawson	Lawson

c. Time Schedule

As per our agreement at the post-season meeting last year, we decided that the El Camino league would continue to start first in even years and the DeAnza league would start first in the odd years. The varsity boy and girl races will be run in the same order as the CCS meet each year. Thus, the VG will run first this year.

	<u>El Camino</u>	<u>De Anza</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

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.

Each league should decide at this meeting whether to run one or two FSB or JVG races. This is a separate decision by each league. As an example, one league could run one FSB race and the other league could run two FSB races. If a league chooses to run two races, our past practice has been to start the 2nd race 2 minutes after the first race. Also, our past practice has been to limit entries in the first race to 15 runners. If we run two heats of these races, our past practice has been to score just the runners in the first heat but we are not required to do this by our bylaws. We can combine the times from both heats.

Our bylaws state that junior and senior boys and senior girls who cannot compete in the varsity races because they are not in the top 7 for their varsity teams may compete in a 2nd heat. It has been our practice to start the 2nd heat one minute after the start of the first varsity heats.

h. 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	2	3
Div 4	3	3
Div 5	3	3

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- 11/15/18 (Thursday) at 6:00PM
- b- Where - FUHSD office

9. Remember. Seniors may not score in invitational JV meets.

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. Plastic bottles or cardboard should be placed in the recycle bin and all other items in the dumpster box. Do not use the Hallmark Park garbage containers.
 - h. Tickets with a minimum fine of \$25.00 will be issued.
11. All teams must get a permit to bring their teams to Rancho San Antonio Park, even if you run into the park. See - http://www.openspace.org/preserves/permit_information.asp
12. Uniform Rule Changes:
See <http://www.nfhs.org/articles/simplification-of-uniform-rule-continues-in-high-school-track-and-field-cross-country/> for a discussion of this subject.
- a. The uniform rule at 4-3-1 now states that "any visible garment worn underneath the uniform top and/or bottom is considered to be a foundation garment. A foundation garment is not subject to logo/trademark reference or color restrictions."
 - b. The uniform rule at 4-3-2 has now been changed to state "all relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team."
 - c. The revised rule 4-3-2 also states that "the official shall have no uncertainty in determining that all members are from the same team."
 - d. Julie Cochran, NFHS director of sports and liaison to the Track and Field/Cross Country Rules Committee, stated "Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school."