

8/16/18 - Pre-Season SCVAL XC Meeting Minutes

This meeting was held from 5:30PM until 7:10PM at Monta Vista high school. Those in attendance included:

Cupertino -	Paul Armstrong	Milpitas	Nastassia Hamor
Fremont -	Luke Simon	Monta Vista -	Kirk Flatow
	Mark Shields	Mt. View -	Craig Blockhus
Gunn -	Mike Granville	Palo Alto -	Michael Davidson
	Curtis Liang		Wendy Smith
Homestead -	Kenrick Sealy	Santa Clara -	Julie L'Heureux
	Ri-Chee Chou	Saratoga -	Danny Moon
Los Altos -	Abe Galvan		Ian Trippetts
Los Gatos -	Paul Lawryk	Wilcox -	Walt Van Zant
	Heidi Bigge	Guest -	Hank Lawson
Lynbrook -	Jake White	AD Liaison -	Nick Bonacorsi
Milpitas -	Bridget Hall		

The items discussed included:

CCS Pre-Season Meeting

The CCS finals will be run at Crystal Springs on 11/10 or 11/13 (if the meet is rained out on 11/10).

If the meet is rained out on 11/10, the CCS meet director will notify the league representatives as close as possible to 6AM and the league representatives will then notify the coaches in their league.

The league representatives will submit the entries for all teams to the CCS office and Mark McConnell by noon on 11/5/18. **All coaches should submit the names of their intended entries for the CCS Meet to the league representatives (Walt Van Zant for the El Camino league and Paul Armstrong for the DAL) no later than 10/31/18**, the day after the league finals. The names of your entrants can be changed on race day.

Division Splits for SCVAL teams

SCVAL cross country teams will run in the following divisions at the CCS and State meets for 2018. These classifications are based upon the latest listing on the CCS website.

<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

2018 CCS Meet

Teams must finish in the top half of the league or be the top team in their division in order to qualify for the CCS meet.

If you run faster than 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	85:25	105:56
Div 2	86:01	103:54
Div 3	86:33	106:04

The top 3 runners at the league finals who are not on a qualifying team will qualify to run in the CCS meet. We can replace any of the 3 runners who choose not to run in the CCS finals with the next fastest runners. However, we cannot make any substitutions for these runners after noon on 11/5/18.

As just noted, the runners on the qualifying teams plus the next 3 fastest runners qualify for the CCS meet. Also, any athlete running in

the varsity races under the times shown below at the league finals will qualify for the CCS meet.

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

The time schedule for the CCS meet is 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

T-shirts can be purchased at the meet but are often sold out prior to all of the teams arriving at the meet. You can pre-order and pre-pay for these shirts and either pick them up from the CCS office or ask that the CCS bring the shirts to the meet for you to pick up. This may be done as early as November 1.

Each school is allowed a maximum of five coaches. These coaches will sign in as they arrive and the remaining coaches, if any, will pay.

All non-coaches must pay to enter the CCS meet.

Coaches can print out certificates for all individuals who compete in the CCS meet. See the CCS website.

No runners are allowed 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.

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.

SCVAL Center Meet #1 at Lynbrook High School - 9/25/18

This meet will be run at Lynbrook high school. All schools must participate in this meet. (Note: each runner must participate in two of the four cluster meets, one of which is the league finals, in order to compete in the CCS meet.)

Jake White of Lynbrook will be the meet director. The team entry fee will be \$50.

The race schedule will be as follows -

3:45PM	VB - All 14 schools	5:00PM	- VB B - DAL
4:00PM	VG - All 14 schools	5:20PM	- VB B - ECL
4:20PM	FSB - DAL	5:40PM	- VG B - DAL
4:40PM	FSB - ECL	6:00PM	- VG B - ECL

Frosh/Soph runners who are expected to run slower than 20 minutes should run in the VB B race.

SCVAL Center Meet #2 at Crystal Springs - 10/2/18

Kirk Flatow of Monta Vista will be the meet director.

b. All schools will help with the meet. The meet director will determine the duties for each school.

c. All schools must participate in this meet.

d. The meet schedule for this meet will be as follows:

2:45PM	Meeting of all the coaches and runners with Bob Rush
3:15PM	Varsity Boys 2 (Unlimited number of runners per team)
3:40PM	Frosh Boys (10 runners per team)

4:05PM Varsity 2 Girls (Unlimited number of runners per team)
4:35PM Sophomore Boys (10 runners per team)
5:00PM Varsity Boys (10 runners per team)
5:20PM Varsity Girls (10 runners per team)

We had a long discussion regarding who would do the timing and the cost and voted to use Record Timing at an approximate cost of \$1,125.

The entry fee per team will be \$200.

Some important points to remember if we want to continue to use this course in the future -

You must have hard-copy emergency cards with you for all team members. Having a smart phone with this information is not sufficient.

We must leave the course completely clean of trash or there will be a financial penalty.

We must put the recyclables in the blue recycle bin and the garbage in the dumpster.

Hallmark Park, located near the entrance to the course, is not part of the Crystal Springs Park and we should not dump our trash in their garbage cans.

There should be no warming up on the streets or the course.

Buses should not double park to load/unload.

Buses should not drive to the end of Hallmark in order to turn around. This may cause scraping of driveways when the buses turn around.

Athletes should stay off driveways and lawns of the neighbors.

Athletes should stay in the park at the conclusion of the meet until their coaches can walk all of them to the bus.

No one should go up onto water tank hill.

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.

Please remind the parents that no pets are allowed in the park.

No smoking is allowed.

All coaches must read the "Crystal Springs Race Director's Handbook," which can be found at --
http://www.sml1.com/ncxc/xc_results.html#meet%20info

SCVAL Meet #3 at Baylands Park - 10/17/18

- a. All schools must participate in this meet.
- b. Wilcox will direct the meet and Lynbrook and Saratoga will set up the course.
- c. The costs of this meet will be determined at a later time and then divided equally among the 14 SCVAL schools. The total cost last year was approximately \$2,400 (\$170 per school).
- d. The meet director will determine the duties for each school.
- e. The meet 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)

Whenever the coaches are polled as to whether a 2nd wave should be run, the lack of a response by a coach will be considered a vote for 1 wave.

On-line entries for the FSB and JVG races will be set up so that there are 15 entries for each school in the first wave and unlimited entries in a second wave. If the race is started in two waves, this designation will be used. If the race is run in one wave, then this designation will be ignored, all athletes from each school will start at the same time, even if a school has more than 15 entries. If there is only one wave run, the timer will ignore the wave designation made at entries. The reason this procedure is so that in the case where the coaches decide to run two waves, the timer has all the information to run two waves and coaches do not have to go back to athletic.net and re-enter their athletes into two waves.

Qualifying to the State Meet

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	2

The top 5 individuals in each division who are not on a qualifying team go 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.

Special Note

It was noted during the meeting that our league commissioner has previously stated that whenever we compete in meets involving just SCVAL teams that seniors cannot compete in JV races. However, when SCVAL teams compete in invitationals involving teams from non-SCVAL teams, we will abide by the invitational rules. That is, if the invitationals meet allows seniors to run in the JV races, then our teams can also enter seniors in the JV races.

Post-Season Evaluation Meeting - 11/14/17

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

