

CRYSTAL PREVIEW

SCVAL Meet 2/Tuesday, October 8, 2019

Schedule:

- 2:45 PM All coaches and all athletes will report to the area in front of the timer's building for a presentation on Crystal Springs rules and regulations. **This meeting is a requirement for each league at the first meet of the season.** Race Director to present.
- 3:15 PM Boys' Varsity 2 Race (unlimited athletes/all boys not in another race)
- 3:45 PM Freshmen Boys' Race (maximum 10 athletes per school)
- 4:15 PM Varsity 2/JV Girls Race (unlimited number of athletes from each school)
- 4:50 PM Sophomore Boys Race (maximum 10 athletes per school)
- 5:15 PM Varsity Boys Race (maximum 10 athletes per school)
- 5:40 PM Varsity Girls Race (maximum 10 athletes per school)

On race day, issue all your athletes their chips and bibs and have all the athletes start in their assigned races. The timer will scan their chips and bibs at the finish and know what race they are in.

Crystal Preview Job Assignments 2019:

Job assignments are subject to change by meet director at any time prior to the meet.

Meet Director

- **Monta Vista**

Street Management

- Before the start of the meet: **Wilcox** (can stop 15 minutes before first race)
- After completion of the meet: **Milpitas**
- Ask vehicles not to double park when loading and unloading athletes.
 - Vehicles should continue down the road until there is space to pull completely to the curve.
 - These are distance runners they can walk a bit!
- After the meet, kids waiting for a ride should wait in Hallmark Park, not create a crowd on the street.
- Ask athletes to not cut across lawns—stay on the concrete.
- Police will be present also.

Medical Liason

- **Monta Vista**
- Support EMT during the meet (coordinate sweeper, talk to parents, track insurance cards, etc)

Check In

- **Los Altos**
- Check for hard copy of insurance cards
- Verify that medical kit is present and complete
- Have coaches sign CSM register page
- Pass out bibs

Starter

- **Santa Clara**
- Includes getting the stopwatch with elapsed time from gun to the starter

Finish Line Judge

- **Hal Daner**
 - We would like feedback on how many placement calls are necessary, particularly for the first 30 or so finishers in a race.

Finish Area Management

- Boys Varsity and Freshman Boys races: **Palo Alto, Fremont**
- Varsity 2 Girls and Sophomore Boys races: **Gunn, Mt. View**
- Varsity Boys and Varsity Girls races: **Saratoga, Homestead**
- Help direct kids out of the finish area.
- Keep spectators and coaches out of the finish area
- As needed, get medical attention for athletes
- People doing this job should be coaches or forceful, vocal parents

Judge Last 100m or so of the course

- **Gunn, Lynbrook**
- Look for interference and call interference DQs or issue warnings.
- Keep spectators and coaches off course as needed.
- It's OK to be aggressive in talking to the kids and explaining issues, we would rather have athletes learn the rules now than to be DQed at Leagues or at CCS

Sweep Last 800m of course after each race with walkie-talkie, send all clear to EMT/Medical Liason

- **Los Gatos**

Important Notes For Coaches:

- Notes about trash disposal below are important. Crystal is a wonderful resource and taking care of this course is important. **CSM will charge a school a substantial fine for trash left in the wrong receptacle or in Hallmark Park**—and frequently the trash can be traced to a specific school because of a bib or something else left by an athlete. So please emphasize with your team and your parents that every bit of trash is cleaned up and properly disposed of—and particularly not left in the trash bins at Hallmark Park.
- Please remind your athletes when they finish they should quickly exit the finish line area with minimal drama! Keep jogging after the finish and leave the finish area. They can then collapse!
- Trash bags will be given to each team's coach at check-in. Each team is responsible for clean up of the team's area.
 - **DO NOT dump any trash in Hallmark Park. All trash must be packed out and brought home or put in the dumpster. DO NOT let your kids or parents dump trash in Hallmark Park as they leave the course.**
- Keep the course clean! Certainly we expect each team to clean up their area, **but cleaning up any trash over the entire course is an even better idea.** It is a privilege to have this course to compete upon. Let's all take care of Crystal Springs!
- **All recycling should be brought home and recycled.**
 - There is a recycling bin but it is easier on everyone to pack out our recycling.
 - We will go through the dumpster after the race and look for cans and plastic bottles. Course management is doing the right thing to ensure the best treatment of the course and our planet. Seriously, pack out your recycling, it's good for the earth, good for the course, good for our league and good for Bob!
- **Hard copy** of medical cards and first aid kits to be shown by each team at check-in before you receive your bibs.
 - You must have medical kits and **HARD COPY** medical/insurance releases for all athletes before you pick up your teams' bibs. **NO EXCEPTIONS**, without hard copy of your medical releases, your kids are not running at Crystal. A phone with access to on-line records is not acceptable by Crystal Springs course management, there is nothing that SCVAL or the SCVAL meet director can do about this. No phone calls from a principal, A.D., etc. will be acceptable.
 - As a group, coaches decided at the 2017 SCVAL pre-season meeting that each team would leave a copy of their package of medical cards/forms with meet management at check in. These copies will be left in the timing shed and coaches can pick this up at the end of the meet.
- The cost for each school is \$350 as agreed at the pre-season meeting.
 - Checks should be made out to **Monta Vista ASB** and mailed to Monta Vista or given to the meet director.
 - Please note that although this is a Monta Vista ASB account, no money is

transferred to Monta Vista XC. Any money received will be used for an SCVAL meet. If there are any excess funds, they will be used for an SCVAL XC meet or used to reduce the cost of a meet in the following year.

- Make sure kids and parents know:
 - No dogs.
 - No throwing of anything (rocks, Frisbees, freshmen, footballs...)
 - No bicycles.
 - No warming up on the course after the first race starts.
 - While waiting for a ride home, please wait in Hallmark Park and look for your ride, please do not wait in the street or sidewalk.
 - Stay off yards on entering and exiting the park, polite to neighbors, etc. I always think we are pretty good here but I guess if I were a neighbor and kids walked across my yard I'd be upset--I can't imagine it happens much but let's remind the kids.
- **Remind your parents NOT to call 911, contact the emergency contact person (Mrs. Flatow) or the EMT/Peter Tapia on site.**
- Review the Crystal Course Handbook!

INVOICE FOR CRYSTAL PREVIEW: SCVAL XC LEAGUE RACE

\$350

Please make check payable to **MONTA VISTA ASB**

Bring check to the race or mail check to:

Monta Vista High School ASB
Attention: Cross Country/Coach Kirk Flatow
21840 McClellan Road
Cupertino, CA 95014