

SCVAL CHAMPIONSHIPS

Tuesday, November 5, 2019

Schedule:

Coaches' Meeting at 1:15pm

RACE SCHEDULE

	DAL	EC
JVG	1:45PM	2:00PM
FSB	2:30PM	2:45PM
VG	3:15PM	3:30PM
VB	4:00PM	4:15PM
VARSITY AWARDS CEREMONY		4:45PM

JVG/FSB Awards before the corresponding Varsity race (EC JVG awards before EC VG, etc.)

Entries on Athletic.net:

We will use athletic.net to enter athletes in to the Championships. The deadline to enter your athletes is 12:59PM on Saturday, November 2.

Varsity races are limited to seven entries. All other races will be set up to have a maximum of 15 athletes per school in the first wave and all remaining athletes in a following wave. If after all entries have been made only one wave is deemed necessary, the waves will be combined (additional athletes non-scoring).

Starting Waves

- Varsity Races: There will be a scoring (1st wave) and a non-scoring (2nd wave) wave for both the VG and VB races. There will be a maximum of 7 runners per school in the scoring wave. There are no Varsity-2 races, there will be two varsity waves.
 - The non-scoring 2nd wave of each of the varsity races will start 1 minute after the first heat. Alternatively, if the 2nd wave is small, the non-scoring wave may be started at same time upon vote of the coaches in that division; the non-scoring runners will start 3 meters behind the first wave.
 - Coaches will designate runners in the scoring and non-scoring heats when entering athletes on athletic.net.
- Junior Varsity Girls/Frosh-Soph boys races: There will only be two waves if the number of entries makes a single heat unsafe in the judgment of the meet director, or if a majority of coaches in the division requests two waves.
 - If the total number of athletes in a race is expected to be over 125, the relevant coaches will be polled by email and if four schools request two waves, then we will run two waves. **If there is no email response from a school, the lack of response will be considered a vote for a single**

wave.

- If there is a single wave, any entries in the second wave will be merged with the first wave, all will start together.
- If there are two waves, the 2nd wave will start 1 minute after the first wave, and will be non-scoring.

SCVAL Championship Assignments 2019:

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

Meet Director

- **Monta Vista**

Admissions/Gate Collection

- **Cupertino, Palo Alto**

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

- **El Camino League: Santa Clara**
- **De Anza League: Lynbrook**
- Includes getting the stopwatch with elapsed time from gun to the starter

Finish Line Judges

- **Hal Daner**
- **El Camino League: Palo Alto**
- **De Anza League: Homestead**
- For the first 30 finishers in each race, if there are close finishes, record the order of each athlete.
- For example, if a Paly and Mt. View runner finish virtually side by side and the Paly runner is deemed to have finished first, record that Paly bib 345 finished in front of Mt. View 678. The timer can then verify that the chip timing system recorded the runners in that order, and if not, make the correction.
- Note exceptional sportsmanship from any finisher. Monta Vista volunteers will be asking you to identify athletes that exhibited exceptional sportsmanship for recognition at the awards ceremony.

Finish Area Management

- **El Camino League: Mt. View, Gunn**
- **De Anza League: Fremont, Saratoga**
- 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
- Note exceptional sportsmanship from any finisher. Monta Vista volunteers will be asking you to identify athletes that exhibited exceptional sportsmanship for recognition at the awards ceremony.

Judge Last 100m or so of the course

- **El Camino League: Gunn**
- **De Anza League: Saratoga**
- Look for interference and call interference DQs or issue warnings.
- Keep spectators and coaches off course as needed.

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

- **Los Gatos**

Results Posting and Awards

- **Monta Vista**

Important Notes For Coaches:

Please remind parents that there will be a cost for admission to the League Championship Meet. This admission cost goes towards the cost of the meet. The admissions cost is \$6 for adults, \$3 for seniors, children and students with an ASB card. Children under 5 years of age are free.

- 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!