

## **SCVAL #2 @ Los Gatos High School Sat. Feb. 27th**

**Host School:** Los Gatos High School  
Head Coach- Paul Lawryk 408 568 9434  
Athletic Director- Ken Perrotti

**Location:** Los Gatos High School 20 High School Ct. Los Gatos 95030

### **Full Schedule with Wave Start Times:**

[http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2020/0\\_Schedule\\_v9.pdf](http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2020/0_Schedule_v9.pdf)

**Mask policy:** Everyone on campus must wear a mask at all times. The only exception is that runners may remove their mask once the race has started but they must keep it with them and put it on immediately after finishing.

### **Drop Off & Parking Information**

Please drop athletes quickly in the parking lot area on Pleasant Ave. (right turn off Main Street if you are arriving off Hwy 17). This will be very narrow for Buses, so it's recommended to drop off athletes on Main Street in front of Los Gatos Library **then follow the walking path noted with a RED LINE on the Official Course Map.**

**Volunteer Parking Only** is available on New York Ave (On Campus near Track). **No parking allowed for any other groups.**

Street parking is also available on Main Street across from Los Gatos City Hall and Library.

Coaches are recommended to park in parking lot on Main Street across from the library to lower opportunities for congestion on campus and **then follow the walking path noted with a RED LINE on the Official Course Map.**

### **Pick Up Instructions**

Athletes should be picked up in the parking lot on Pleasant Avenue.  
Please be careful to note two-way drop-off and pick up traffic on Pleasant Ave.

### **Arrival Instructions**

Teams can arrive **one hour** before the start time of their first wave and enter the staging/warm up area in the grass area in front of the school when the previous two teams have cleared out. **We will have a Los Gatos Coach and Monitor managing the team traffic flow and crowd size.**

If anyone arrives too early and the previous two teams have not moved into the track area, we will have a designated waiting area near the park benches near the grassy area.

**Coaches & volunteers will have to walk over the Check-In Area (located at the Gate by the Volunteer Parking lot in front of the baseball Field) to pick up maps, schedules & race packets (if necessary) from Volunteers at a table located next to Track Shed.**

**Volunteers will be given a name tag and then deployed to their assignment.**

### **Warm up and Staging**

Once athletes park their cars or get dropped off, they will be directed by a Los Gatos Monitor to follow Brooklyn Ave (which is on campus) to the Warmup area (Grassy Area) in front of the school.

It's not the idea size to do a long jog warmup, but the athletes need to keep off the Town of Los Gatos streets.

Coaches are responsible for supervising their teams in the quad and moving them into the stadium when directed by the Los Gatos Coach at the Warmup site.

### **In the Los Gatos Track Stadium**

Place belongings in the stands and move to the track quickly to complete strides and line up in waves. We will divide the stands into home and away bleachers. Each team can do their strides on the side of the track closest to their bleachers. A Los Gatos Monitor will direct each team to their side of the stands.

Coaches should assist with organizing their athletes into the correct waves and lining them up behind the start line in the shot-put area.

There will be space around the turf and some outer lanes of the track for athletes in later waves to complete their warm up. The start of the race will use lanes 1-4. Then lanes 6-8 will be used in the second half of the race. Please ask teams to keep separate during their warm ups & strides.

Please tell athletes to keep far away from all timing equipment, cameras and cables. Do not try to jump over any cones to get to the start line.

As soon as runners cross the finish line, they must put their mask on and they will be directed to the briefly cover in the middle of the football field. When the track is clear, they can cross to the stands to pack up their belongings.

Runners in early waves may cool down safely within the track area only but must keep out of the way of runners in later waves. Runners in the later waves may not have time to cool down as they must exit the track by the designated time so the next dual meet may begin.

Coaches are responsible for making sure their athletes exit the stadium as quickly as possible.

Exit the track at the gate nearest the course finish line and head directly to the parking lot.

## **No Spectators**

Due to the social distancing and covid guidelines, we will not permit spectators at this meet.

We know how hard it is for parents to not be able to watch their children race but we are doing everything possible to make sure this meet is safe and successful so that we can have more. Thank you for your cooperation with this policy.

There will be an official photographer on site to take photos.

## **Bathrooms**

We will have four bathrooms open (two next baseball field and two near tracks shed). Athletes are allowed to go 'one at a time' in the bathrooms near the track shed.

The bathrooms at the track located near the track start/finish line will also be open only for the teams that are currently racing.

Custodians will be on site to restock and clean throughout the day.

## **Coaches Checklist**

- Bring hand sanitizer for your team. Course host will have backup masks at the finish line.
- First aid kit for your team
- Chips & Bibs unless picking up at race
- Please bring your own safety pins for bibs.
- Team tents will not be used. Due to social distancing rules we can't huddle under them and we need to move from the staging area to the stadium quickly. If it's raining there are plenty of covered areas for kids to place bags but we don't have shelter for people. Make sure they dress for the weather.

## **Course Map and Description**

Here is the [course map](#)

Course Monitors: to be assigned this week. Please check in at the registration table at the Check-in on arrival. Here are the [directions for course monitors. \(Map showing volunteer stations\)](#)

## **Scoring**

Top 6 boys = Varsity Boys, Top 6 girls = Varsity Girls, Next 6 FSB = FSB, Next 6 girls (any grade) = VG2

Hank will have a link to results on [his site](#). Just VB & VG will be scored initially but all the data will be there.

**Schedule for helpers:**

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**Volunteer Monitor and Duty Stations**

**Los Gatos XC Meet Saturday Feb 27th 2021 By: Paul Lawryk Los Gatos XC Coach**

**C = Los Gatos Coach with Potential Parent/Student Volunteer Backup if available**

**V= Parent or Student Volunteer Station**

<b>Course Location</b>	<b>Description</b>	<b>Duty</b>
C1	Volunteer Check-in Table Next to Right Front Track Gate	Check in and Assign Volunteers
C2	Race Start on Track at 300MH start and Football Field	Stage and Manage Race Waves
C3	Race Drop Off Area on Pleasant Street	Greet Arrivals and make sure they leave quickly , answer questions
C4	Warmup Area in Grassy Area in Front of School	Manage cohorts to avoid overcrowding, keep them off streets
V1	Intersection of Los Gatos Creek Trail and New York Ave	Make sure athletes make correct turns

V2	Lower middle part of Field Hockey Field	Make sure athletes make correct turns run outside of cones and through proper gates
V3	Intersection of New York Ave and Chicago Ave	Make sure athletes make correct turns both directions
V4	Chicago Ave and path in front of LG School Building	Make sure athletes make correct turns run sidewalk both directions
V5	Middle of Grassy Area Front of School	Monitor athletes to make sure they run around cones not on street
V6	In Front of Right and Left Gates on Track	Monitor athletes making initial and final turns out and into Track area
V7	In Front of Right and Left Baseball Field Gate	Make sure athletes enter and exit correct baseball field gates & <b>Bathroom Monitor</b>
V8	Inside baseball Field	Monitor athletes running outside border of field
V9	Edge of Discus Field	Monitor athletes running outside coned area and make proper turn into track
V10	Finish area at 50 meters at track	Make sure athletes don't linger & <b>Bathroom Monitor</b>