

SCVAL Winter Cross Country 2021
UPDATES TO Baylands Meet Instructions: Thursday, March 25, 2021

Meet Schedule:

4:00pm GROUP 1 Girls (Los Altos, Mt. View, Fremont, Santa Clara, Milpitas, Gunn)
4:30pm GROUP 2 Girls (Monta Vista, Homestead, Los Gatos, Palo Alto, Wilcox)
5:00pm GROUP 1 Boys (Los Altos, Mt. View, Fremont, Santa Clara, Milpitas, Gunn)
5:30pm GROUP 2 Boys (Monta Vista, Homestead, Los Gatos, Palo Alto, Wilcox)
6:00pm There will be no open race.

Start:

There will be a maximum of 70 athletes in each race. Each school should place half of their athletes in the first row and the other half of their athletes in the second row, 25' back. There will be cones on each line to mark proper social distancing, and each athlete should be standing between two of the cones at the start. Athletes should be wearing their bib, timing chip and wristband (see COVID-19 protocols below).

Registration:

- Please DO NOT bring more athletes that you have told the meet director you are bringing.
- On the day of the race, athletes should wear their chip and bib and simply line up in the race; there is no need to pre-register or assign athletes to waves.
 - Please do not have more athletes run than are assigned to your school.
 - Any athletes over the limit will be disqualified.

COVID-19 Protocols:

- Coaches should bring at least one **contactless thermometer** (see below).
- All coaches should review the following prior to arriving at Baylands (this is training required by SCC and City of Sunnyvale):
 - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- Upon arrival at Baylands, each coach will pick up their race packets.
 - Before receiving race packets, coaches will sign a sheet acknowledging that they have reviewed the web pages above, and that they will follow all protocols before passing out bibs and security wristbands to any athlete, coach or volunteer

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- Each packet will contain:
 - Race bibs for all athletes
 - 40 wrist bands per school for athletes, coaches, and volunteer/spectators (each school will have a different color)
 - Ensure that your coaches and volunteers know to maintain 6' distance from others at all times, do not congregate, and keep masks on at all times while on Baylands grounds.
 - QR codes to access health questionnaires
- Every athlete, coach, volunteer and spectator **MUST** have their temperature checked by contactless thermometer, and must have completed the on-line health questionnaire form, **before** receiving their bibs (athletes only) and security wristbands
 - Athletes, coaches, officials, volunteers and spectators must all display security wristbands at all times to show that they have had their temperature checked and have completed the health questionnaire.
 - Coaches can allocate their 40 wristbands as they choose; no more than 40 people per school may attend.
 - Coaches are responsible for ensuring that all individuals have completed the health questionnaire and had temperature checked by contactless thermometer prior to receiving their bib or wristband.
 - Coaches may delegate to competent assistant but are still responsible; do not delegate to someone you do not trust, you are still responsible.
 - Athletes who compete but are later found to have not completed the health questionnaire may be disqualified.
- Mask Policy: Everyone attending this event at Baylands 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. Spectators are allowed, but must abide by all COVID regulations, including wearing a mask at all times and remaining at least 6 feet away from others. Spectators should also remain off of the cross country course and avoid congregating in the stadium area. Spectators must have their temperature checked and complete the health questionnaire.
- Coaches should be self-sufficient for athlete health, with first aid kits and hand sanitizer on hand. No trainer is on site.
- Athletes should depart promptly after their race is complete, and athletes are encouraged to minimize the time at the site prior to race start.
- Athletes, coaches and volunteers are all asked to be responsive to reasonable direction from City of Sunnyvale representatives, meet management and other coaches.

Duties For The Meet:

COACHES: PLEASE ENSURE THAT ALL TURNS ARE COVERED FOR THE ENTIRE DAY BY PEOPLE WHO KNOW WHAT TO DO AND WILL SPEAK UP!

- Starter - Santa Clara
- Finish-Line Judges – Gunn
- Finish-Line Management – Los Altos, Mt. View
- Timing/Scoring – Lawson
- Set Up Course – Monta Vista, Los Altos and anyone that would please help
- Lead Bicyclist – (Gunn??)
- Turn Directors
 - Point A - Runners pass 3 times (Wilcox)
 - Point C - Runners pass 3 times (Homestead)
 - Point D - Runners pass 4 times (last time just before finish) (Milpitas)
 - Point E - Runners pass 2 times (Los Gatos)
 - Point F - Runners pass 1 time (Palo Alto)
 - Point G – Runners pass 1 time (Fremont)

Notes:

- Please be vigilant about picking up loose trash so it doesn't blow into the bay
- A Sunnyvale employee will be there to supervise us. If he/she gives you a reasonable order, please comply.
- Vehicles are not allowed off the asphalt roadways or parking lot areas. This includes deliveries and set-up/tear-down vehicles.
- No stakes are allowed to be driven into the ground.
- No tents are allowed as per the fire marshal.
- No small flags may be placed on the course to help guide the runners.
- Portable toilets will be provided for our use at our cost. We expect that they will be located near the finish line. Regular toilet facilities are located at the park however we should use the portable toilets not the park facilities. Coaches should check them every now and then to verify that we are not making a mess of them.

Costs:

Total costs will be approximately \$1,300 **plus** the cost of the portable toilets—we have currently offered to share the costs with WCAL which has a meet the day before, which will reduce our costs. Hank Lawson has generously waived his timing fee. The total final cost will be determined and then divided equally among the participating teams. Kirk Flatow has paid the fee required by the City of Sunnyvale in advance. An invoice will be sent to you, payable to Monta Vista ASB, soon after the total costs are calculated...please send payment at your earliest convenience.

Sign In Form to Receive Race Packet

Coaches acknowledge that:

- They have read, understand and agree with the Baylands Meet 2021 Instructions.
- They have reviewed the CDC web pages on COVID-19 as part of their pre-meet training and preparation.
- All athletes and volunteers are aware of COVID-19 safety protocols in the meet instructions.
- Coaches agree to ensure that athletes, volunteers or coaches will not be given bibs or security wristbands until after the health questionnaire has been completed and had temperature checked by contactless thermometer.

School	Coach Signature
Monta Vista	
Fremont	
Gunn	
Homestead	
Los Altos	
Los Gatos	
Milpitas	
Mt. View	
Palo Alto	
Santa Clara	
Wilcox	

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Meet Schedule:

4:00pm El Camino Girls (10 runners per team)
4:30pm De Anza Girls (10 runners per team)
5:00pm El Camino Boys (10 runners per team)
5:30pm De Anza Boys (10 runners per team)
6:00pm Open Race, boys and girls (5 runners per team)

Start:

There will be a maximum of 70 athletes in each race, 10 per school (5 per school in the open race). Each school will have 5 athletes in the first row and 5 athletes in the second row, 25' back. There will be 36 cones on each line to mark proper social distancing, and each athlete should be standing between two of the cones at the start. Athletes should be wearing their bib, timing chip and wristband (see COVID-19 protocols below).

Registration:

- Please send an email to Kirk Flatow, Stephanie MacKenzie and Hank Lawson as early as possible, but no later than by the end of the day **Sunday, March 21** letting us know whether or not your school intends to participate in this meet.
- For the schools that choose to compete at Baylands, please send an email to Kirk, Steph and Hank by no later than Monday night, March 22 (earlier if possible), letting us know if your school will use all 25 of the starting spots your team has; if you are not using all these spots, please let us know which spots you will not be using (10 girls, 10 boys, 5 either in the open race).
 - We will distribute any unused starting spots to other teams that could run additional athletes.
 - We can't require teams to do this, but we don't want to have starting spots go unused if possible.
- On the day of the race, athletes should wear their chip and bib and simply line up in the race; there is no need to pre-register or assign athletes to waves.
 - Please do not have more athletes run than are assigned to your school.
 - Any athletes over the limit will be disqualified.

COVID-19 Protocols:

- Coaches should bring at least one **contactless thermometer** (see below).
- All coaches should review the following prior to arriving at Baylands (this is training required by SCC and City of Sunnyvale):
 - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- Upon arrival at Baylands, each coach will pick up their race packets.

- Before receiving race packets, coaches will sign a sheet acknowledging that they have reviewed the web pages above, and that they will follow all protocols before passing out bibs and security wristbands to any athlete, coach or volunteer
- Each packet will contain:
 - Race bibs for all athletes
 - 40 wrist bands per school for athletes, coaches, and volunteer/spectators (each school will have a different color)
 - Ensure that your coaches and volunteers know to maintain 6' distance from others at all times, do not congregate, and keep masks on at all times while on Baylands grounds.
 - QR codes to access health questionnaires
- Every athlete, coach, volunteer and spectator **MUST** have their temperature checked by contactless thermometer, and must have completed the on-line health questionnaire form, **before** receiving their bibs (athletes only) and security wristbands
 - Athletes, coaches, officials, volunteers and spectators must all display security wristbands at all times to show that they have had their temperature checked and have completed the health questionnaire.
 - Coaches can allocate their 40 wristbands as they choose; no more than 40 people per school may attend.
 - Coaches are responsible for ensuring that all individuals have completed the health questionnaire and had temperature checked by contactless thermometer prior to receiving their bib or wristband.
 - Coaches may delegate to competent assistant but are still responsible; do not delegate to someone you do not trust, you are still responsible.
 - Athletes who compete but are later found to have not completed the health questionnaire may be disqualified.
- Mask Policy: Everyone attending this event at Baylands 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. Spectators are allowed, but must abide by all COVID regulations, including wearing a mask at all times and remaining at least 6 feet away from others. Spectators should also remain off of the cross country course and avoid congregating in the stadium area. Spectators must have their temperature checked and complete the health questionnaire.
- Coaches should be self-sufficient for athlete health, with first aid kits and hand sanitizer on hand. No trainer is on site.
- Athletes should depart promptly after their race is complete, and athletes are encouraged to minimize the time at the site prior to race start.
- Athletes, coaches and volunteers are all asked to be responsive to reasonable direction from City of Sunnyvale representatives, meet management and other coaches.

Duties For The Meet (will be assigned after participants have confirmed):

- Starter - Santa Clara
- Finish-Line Judges – TBD
- Finish-Line Management –TBD
- Timing/Scoring – Lawson
- Set Up Course – TBD (let Kirk know if you can come early to help with this, please!)
- Lead Bicyclist – TBD (please let Kirk know if you would like to do this)
- Turn Directors
 - Point A - Runners pass 3 times (TBD)
 - Point C - Runners pass 3 times (TBD)
 - Point D - Runners pass 4 times (last time just before sprinting for finish) (Monta Vista)
 - Point E - Runners pass 2 times (TBD)
 - Point F - Runners pass 1 time (TBD)

Notes:

- Please be vigilant about picking up loose trash so it doesn't blow into the bay
- A Sunnyvale employee will be there to supervise us. If he/she gives you a reasonable order, please comply.
- Vehicles are not allowed off the asphalt roadways or parking lot areas. This includes deliveries and set-up/tear-down vehicles.
- No stakes are allowed to be driven into the ground.
- No tents are allowed as per the fire marshal.
- No small flags may be placed on the course to help guide the runners.
- Portable toilets will be provided for our use at our cost. We expect that they will be located near the finish line. Regular toilet facilities are located at the park however we should use the portable toilets not the park facilities. Coaches should check them every now and then to verify that we are not making a mess of them.

Costs:

Total costs will be approximately \$1,300 **plus** the cost of the portable toilets—we have currently offered to share the costs with WCAL which has a meet the day before, which would reduce our costs. Hank Lawson has generously waived his timing fee. The total final cost will be determined and then divided equally among the participating teams. Kirk Flatow has paid the fee required by the City of Sunnyvale in advance. An invoice will be sent to you, payable to Monta Vista ASB, soon after the total costs are calculated...please send payment at your earliest convenience.

Sign In Form to Receive Race Packet

Coaches acknowledge that:

- They have read, understand and agree with the Baylands Meet 2021 Instructions.
- They have reviewed the CDC web pages on COVID-19 as part of their pre-meet training and preparation.
- All athletes and volunteers are aware of COVID-19 safety protocols in the meet instructions.
- Coaches agree to ensure that athletes, volunteers or coaches will not be given bibs or security wristbands until after the health questionnaire has been completed and had temperature checked by contactless thermometer.

School	Coach Signature
Monta Vista	
Cupertino	
Fremont	
Gunn	
Homestead	
Los Altos	
Los Gatos	
Lynbrook	
Milpitas	
Mt. View	
Palo Alto	
Santa Clara	
Saratoga	
Wilcox	

Coaches,

We have an opportunity to run at Baylands...

We have approval to run a meet on the Baylands course on Thursday, March 26. What has been approved is the following schedule:

4:00pm: El Camino Girls
4:30pm: De Anza Girls
5:00pm: El Camino Boys
5:30pm: De Anza Boys
6:00pm: Open Race

We are allowed a maximum of 70 athletes in each race, or 10 athletes per school in the first four races and 5 athletes per school in the open race. Any unused spots by a school could be allocated to schools that are looking for more opportunities for their runners. This is a total of 350 athletes, which should be able to accommodate almost every athlete that wants to participate based on the Super Saturday race participation.

There are a lot of procedures that Steph and I need to work through in the next few days. We agreed to a set of protocols currently required by the city of Sunnyvale and Santa Clara County. These protocols are not that different than the way we have been running our events so far, but there are some more challenges (for example, every athlete, coach, official and volunteer needs to have their temperature checked and have a health check before entry into the course area--and if too high, they must depart). Each coach will need to attest in writing that your team and athletes are following the COVID protocols required by your school. Also, while we have permission for all schools to participate in each race, your school AD and principal are going to need to agree for your team to participate. And there will be costs for site rental and porta-potties; our guess is that this will be a bit less than \$1500 in total, which will be divided equally among the schools that participate.

We know that we have not had time to build consensus around the date or the format of this event at Baylands...but the City of Sunnyvale said that we needed to have an arrangement by Thursday the 11th and even at that date, they told us this was a one time exemption (after a bit of begging and stories about what this will mean to our kids). We tried to figure out what the City would approve and put together this proposal, which has been approved. So...there is no requirement for any of the teams to participate. Please think about this, please understand that there will be requirements for this race that are different than our first four, and check with your principal about participating in race with more than three teams (cross country races with more than three teams is permitted by the county, but each school's participation must be approved by your principal).

We hope you will bring your team--please let us know as soon as you can! More information will come.

Kirk and Steph