

## Agenda for SCVAL Post-Season Cross Country Meeting 2022

### 1. SCVAL team standings 2022:

<u>DAL Varsity Boys</u>		<u>DAL Varsity Girls</u>		<u>DAL Fr/So Boys</u>		<u>DAL JV Girls</u>	
Los Gatos	37	Los Gatos	25	Lynbrook	29	Los Gatos	19
Lynbrook	67	Monta Vista	79	Los Gatos	38	Monta Vista	59
Homestead	86	Cupertino	89	Homestead	93	Homestead	64
Monta Vista	93	Lynbrook	100	Saratoga	107	Saratoga	99
Saratoga	140	Homestead	112	Monta Vista	126	Fremont	-
Cupertino	141	Saratoga	127	Fremont	150	Cupertino	-
Fremont	143	Fremont	180	Cupertino	-	Lynbrook	-

<u>EC Varsity Boys</u>		<u>EC Varsity Girls</u>		<u>EC Fr/So Boys</u>		<u>EC JV Girls</u>	
Milpitas	63	Los Altos	26	Palo Alto	25	Los Altos	24
Los Altos	73	Palo Alto	34	Los Altos	37	Palo Alto	40
Wilcox	89	Mtn. View	75	Mtn. View	71	Mtn. View	77
Palo Alto	95	Gunn	118	Gunn	136	Gunn	120
Mtn. View	96	Santa Clara	149	Milpitas	137	Macdonald	142
Gunn	128	Milpitas	158	Wilcox	191	Milpitas	155
Santa Clara	136	Wilcox -	Santa Clara	198	Santa Clara -		
				Macdonald	214	Wilcox	-

### **Congratulations to the top 3 individuals at SCVAL Championships:**

#### **De Anza League**

**Varsity Boys:** 1st Aydon Stefanopoulos (Los Gatos), 2nd Isaac Tiscareno (Fremont), 3rd Evan Gardner (Homestead)

**Varsity Girls:** 1st Sophie Tau (Los Gatos), 2nd Shea Elmore (Los Gatos), 3rd Addison Lundstrom (Los Gatos)

**Fr/So Boys:** 1st Nathan Kato (Lynbrook), 2nd Steve Yang (Lynbrook), 3rd Austin Shu (Lynbrook)

**JV Girls:** 1st Sarina Salzer-Swartz (Los Gatos), 2nd Zoe Williamson (Los Gatos), 3rd Claire Liu (Los Gatos)

## **El Camino League**

**Varsity Boys:** 1st Evan Markelz (Mountain View), 2nd Grant Morgenfeld (Palo Alto), 3rd John Cooper (Wilcox)

**Varsity Girls:** 1st Lauren Soobiran (Los Altos), 2nd Jasleen Sidhu (Los Altos), 3rd Kinga Czajkowska (Palo Alto)

**Fr/So Boys:** 1st Ryan Kim (Palo Alto), 2nd Samuel Hurst (Los Altos), Jorell Clark (Palo Alto)

**EC JV Girls:** 1st Emma Lewis (Los Altos), 2nd Alli Katila-Miikkulainen (Palo Alto), 3rd Lily Symon (Los Altos)

## **2. CCS Championships Qualifiers: Best of luck to all teams this weekend!**

**Div 1 Girls Teams:** Mountain View, Homestead

**Individuals:** Marilyn Do (Milpitas), Keryssa Li (Milpitas)

**Div 1 Boys Teams:** Milpitas, Homestead, Mountain View

**Div 2 Girls Teams:** Los Altos, Palo Alto, Los Gatos, Cupertino, Gunn, Lynbrook, Monta Vista,

**Individuals:** Micrea Kippes (Wilcox), Keira Lin (Santa Clara), Anusha Chadavada (Fremont), Alia Duus (Fremont), Chloe Maxwell (Fremont), Keira Lin (Santa Clara)

**Div 2 Boys Teams:** Los Gatos, Lynbrook, Monta Vista, Palo Alto, Los Altos, Gunn, Wilcox

**Individuals:** Isaac Tiscareno (Fremont), Leland Nguyen (Fremont), Dylan Frake (Cupertino), James Kepner (Santa Clara), Dominic McMahon (Santa Clara), Sebastian McMahon (Santa Clara)

**Div 4 Girls Teams:** Saratoga

**Div 4 Boys Teams:** Saratoga

## **3. Whole Team Average**

Congratulations to teams with the lowest whole team average across the four league meets. Mountain View won the boys division with 68 points. And in the girls we had a three way tie between Cupertino, Mountain View, and Wilcox with 58 points each.

- Should we do this next year? How can we make it better?

#### 4. League Meet Discussion:

A. Set meet dates for League meets 2022. Change the Baylands meets to Wednesday?

- SCVAL #1 Tues/Wed, 9/19 or 20 Baylands
- SCVAL #2 Tuesday, 10/3/23 Crystal Springs
- SCVAL #3 Tues/Wed, 10/17 or 18 Baylands
- SCVAL Finals, Tuesday, 10/31/23
- CCS Meet, Saturday, 11/11/23, State Meet, Saturday, 11/25/23

B. SCVAL #1 & #3

- i) Palo Alto/Los Altos meet directors again. Suggestions for next year. Order of races?
- ii) EMT recommended for both races, this will increase fees
- iii) MacDonald fees & fee structure for all teams

C. SCVAL #2 & SCVAL Championships

- i) SCVAL Championship Meet Director passing of the torch
- ii) SCVAL Championship Review: What functions do we want to keep.
- iii) Medals, t-shirts, bibs could be ordered now if we can all pay in advance. Kirk could do these three things for a little less than \$200 per school, and have this all shipped to the person who is taking over next year. Or we pass these jobs to new meet director.
- iv) Reminder of 50% rule for individuals competing at CCS. Also teams qualify to CCS if they are in the top half of the teams that start the race. So everyone needs to try to get 5 on the line so that 4 teams can qualify automatically.

5. Vote for the Sportsmanship Team award and Coach of the Year award for each division.

6. Certificates:

- All League: The top 15 finishers in the Varsity races and top 10 in the F/S boys' and JV girls' races will be awarded All-League status. Certificates available from your AD
- CCS Participation certificates:  
[http://cifccs.org/sports/certificates/Cross\\_Country\\_Participant.pdf](http://cifccs.org/sports/certificates/Cross_Country_Participant.pdf)
- CCS Coach certificates: [http://cifccs.org/sports/certificates/Cross\\_Country\\_Coach.pdf](http://cifccs.org/sports/certificates/Cross_Country_Coach.pdf)

7. Any other items that the coaches would like to discuss?