

SCVAL CHAMPIONSHIPS

Tuesday, November 1, 2022

Bullet Points For Those Coaches Who Don't Want To Read the Detail!

- **Bring hard copy of your emergency cards!**
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 - **Bring a well-stocked first aid kit!**
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 - **First race starts at 1:45!**
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 - **Awards Ceremony at 4:45!**
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- **School 'help' / 'work' assignments are described; most schools assignments are the same as Crystal Preview, Santa Clara, Palo Alto, Los Altos, Cupertino, Mt. View and Milpitas have changed slightly.**
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- **At the conclusion of the championships, please gather and return your chips to Hank Lawson (or next year, he will add one minute to all your athletes' times)!**
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- **Cost per school is \$175 payable to S.C.V.A.L., you can mail your check now.**

SCVAL CHAMPIONSHIPS

Tuesday, November 1, 2022

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 to the Championships. The deadline to enter your athletes is 12:59PM on Saturday, October 29 for waves to be set (if necessary).

Varsity races are limited to seven entries. The Frosh-Soph boys races are set up to have a maximum of 15 athletes per school in the first wave and all remaining athletes in a following wave. Seniors may not be entered in the JV race. If after all entries have been made only one wave is deemed necessary, the waves will be combined (additional athletes in races beyond top seven are non-scoring).

Starting Waves

- Varsity Races: There will be a scoring (Varsity) and a non-scoring (Varsity-2) wave for both the VG and VB races. There will be a maximum of 7 runners per school in the scoring wave.
 - 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 start 3 meters behind scoring runners.
 - Coaches must designate runners in the scoring and non-scoring heats when entering athletes on athletic.net.
- Junior Varsity Girls/Frosh-Soph boys races: One wave is the default format. There will 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 request 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.

Changes to course rules and administration:

Please read the Race Directors and Coaches Handbook 2022 for Crystal Springs. In particular, pay attention to the fines that will be imposed upon schools for certain rule violations, including:

- Double parking of cars or busses to drop off athletes (even for an instant)
- Athletes departing and waiting for rides on the street without supervision of their coach
- Trash left on the course
- Trash left in the Hallmark Park containers or the street
- Trash left in the recycling container, or recycling left in the trash container

There are also new requirements to designate an Adult Safety Coordinator and a Course Rules Director.

Directions for drop off for busses and for cars, and athlete behavior, is very specific so please, please be sure that your athletes and drivers are aware.

School job assignments have been modified so that we can pay attention to these areas of focus, avoid any fines and support our continued use of the Crystal Springs course.

SCVAL Championship Assignments 2022:

Summary of Changes from Crystal Preview:

Cupertino: Race start time (not flushing)

Los Altos: Flushing (not rules director)

Paly/Mt. View/Milpitas: You are still flushing, but order is switched up

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

Meet Director

- **Monta Vista**

Awards Presentations

- **Monta Vista**

Results Posting

- **Monta Vista; Hank Lawson will also post on-line**

Bob Rush Sportsmanship Award Judging

- **Hal Daner, Monta Vista**

Hand Timing Finishers After Clock Shut Off for Next Race

- **Wilcox**

Adult Safety Coordinator

- **Monta Vista**
- Observe competition and inform trainer, affected coach and race director if they may have an athlete in medical trouble.
- Support EMT during the meet (coordinate sweeper, talk to parents, track insurance cards, etc)

Course Rules Director

- **Monta Vista (but really...EVERY coach should help with enforcing rules!)**
- Observe the race area and report to the Race Director any rules violations for action such as dogs, bikes, drones, rock throwing, football, or soccer like games. Schools associated with these violations shall be subject to fines and disciplinary actions.

Check In

- **Wilcox**
- 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

- **Jim Manha, USATF Master Official**

Recording Start Times and bringing to Hank

- **Santa Clara and Cupertino**
- Includes getting the stopwatch with elapsed time from gun to the timer. Start the watch when the gun is fired, including the second wave starts, and bring to Hank
- All races, all waves, all divisions—please back each other up so we don't have any errors.

Street Management: Before The Race (can stop 30 minutes before first race)

- **Gunn** (in front of park entrance)
- **Saratoga** (in front of the second, paved entrance further down Hallmark)
- **Please focus on only two things:**
 - If a bus tries to double park to unload, ask them to move further down until they can pull completely to the curb.
 - Athlete behavior, encourage them to get off the sidewalks and road and move to the course as quickly and as considerately as possible.

- Regarding parents making the inconsiderate decision to double park and let their kids off in the road while blocking traffic, use your judgement, but I don't want you to engage and get into a confrontation. If you can let us know if one school is being particularly flagrant, please report back so we can ask that coach to make this a point of emphasis with their families, **but please don't do anything that would involve you in a confrontation that could be uncomfortable.**

Street Management: After The Race

- **Fremont** (in front of park entrance)
- **Homestead** (in front of the second, paved entrance further down Hallmark)
- **Focus** see above.

Cross Over Spectator Management at 1.1 mile point-- Ropes

- **Lynbrook**
- Let's see if this works! I have ropes for you.

Finish Area -- Flushing

- Recommend **two** people per school.
- Please arrive on time!!! Your meet director stresses out.
- Help direct kids out of the finish area and assist them if necessary.
- 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—not people just watching and talking softly!
- Frosh-Soph Boys, and Junior Varsity Girls races: **Cupertino, Palo Alto**
- Varsity Boys and Varsity Girls races: **Mt. View, Milpitas, MacDonald**

Sweep Last 1200m of course after each race with walkie-talkie, send all clear to EMT/Adult Medical Coordinator. Having a bicycle is a good idea to cover more of the course efficiently.

- **Los Gatos**

Results Posting and Awards

- **Monta Vista**

Important Notes For Coaches:

- **Neighborhood support, and minimizing annoyance to the neighborhood**, is critical for us to continue to be able to use Crystal Springs. Emphasize to your drivers and athletes:
 - Double parking 'just for a second to drop off my kid' is **unacceptable**. All drivers should continue until they find a place where they can pull to a curb and park without having any impact on traffic.
 - Do not block any driveways at any time.
 - Walk on the sidewalks, not grass, not the middle of the street.
 - Wait for your ride in Hallmark Park, not in crowds on the sidewalk or

- street.
- If Belmont Police or any parking guide gives a request, please comply without arguing.
- Be friendly to the people who live on Hallmark Drive...say good afternoon, tell them how happy you are to be there...don't get in their way as they get home from work or leave to go to the grocery store or whatever.
- Notes about trash disposal below are important. **Pack it in, pack it out is the best strategy.** Crystal is a wonderful resource and taking care of this course is important. **Each school will be charged 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 \$175..
 - Checks should be made out and mailed to SCVAL
 - Invoice is at <http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2022/scvinf-4.pdf>
- 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 themselves, parents should contact the emergency contact person (Mrs. Flatow) or the EMT/Jeff Long on site first.**
- **Review the Crystal Course Handbook!**



SANTA CLARA VALLEY ATHLETIC LEAGUE

Invoice #: 0104

October 22, 2022

Dear Athletic Director, Activities Assistant Principal, or Principal of

SCVAL Cross Country Finals

Total : \$175.00

All divisions, all genders @Crystal Springs

Please make checks payable to **S.C.V.A.L.**

Send to: c/o SCVAL League Office
Brad Metheany, Commissioner 408-375-7854
1508 Santa Inez Drive
San Jose, CA 95125

Thanks,
Brad_metheany@fuhisd.org, SCVAL Commissioner, 408-522-2204

This year for a shirt, my target is to use a Gildan soft performance shirt. While we have used a proprietary tech shirt from my printer in the past, they have limited colors and they have been having delivery issues from China, so 'holes' in the stock appear--I don't want to suddenly not have any size medium in a color like we did last year. So I'm going to offer an industry standard. This gives you more colors to choose from. This also allows no minimums--if you want one shirt, order one shirt. If at the time we order there are problems with supply from Gildan, what I would do depends on the problem...if it's a couple shirts in extreme size like XS, I would just move the couple of XS to S. If there was a hole in the middle like no mediums, I would move your school's order in that color to a different brand such as Next Level.

Doing all this I am going to keep the price at \$15 per shirt. Lagoon Valley was \$25, De La Salle was \$20. I think this is a pretty good deal! I believe we can hit this price and make enough to pay for all the bibs and medals.

Here is the process for ordering t-shirts.

1. Pick one color from Charcoal, Black, Navy Blue, Royal Blue, Turquoise, Cardinal, True Red, Gold, Lime, Forest (Dark) Green. ONE COLOR for each school please. (Paul if LG wants orange I have an option)
2. Collect the orders by size from your team and enter them on this Google spreadsheet (if you can't edit this sheet, email me and I will give you access):
<https://docs.google.com/spreadsheets/d/1MSqLuSwI5YqzUICRG2sXkjmREoMNMndbds-gREpE/edit#gid=0>
3. Orders will close on Sunday, October 9.
4. Once orders close, please get me a check for your total to me. You collect from your team. The check should be made out to Monta Vista ASB.

Thanks and let me know if you have questions!

Kirk





