

## 2025 SCVAL Cross Country Pre-Season Meeting, 8/18/25, 7:00pm, Saratoga HS

\_Introductions/roll call Paul A

\_ Additions to the agenda? Paul A.

\_Rick Ellis - Saratoga, AD Liaison - admin issues **Cost of Crystal Springs has increased an additional \$500 per meet.**

\_Rosters and Timing Chips Hank **Jonathan & Bernie are responsible for ordering bibs. Remember to bring your own safety pins. Rosters are due in Anet by Sept 2<sup>nd</sup> (midnight).**

\_Review Handouts Paul A

\_CCS meeting: Paul A

\_Crystal Springs: CCS meet, Championship Schedule, Crystal Springs neighborhood, **CS cleanup day is Aug 23, 8-noon.**

Hosting meets:

EMT and/or trainer for all of our meets. Any changes needed from last year? **No changes from 2024.**

\_State meet 11/29/25, schedule TBA

\_Training Safety -see handouts – Wet Bulb and training in the roads

\_Fremont Firebird Alejandra or Adam **Sept 9, register on Anet by Sept 5.**

\_Lynbrook Center Meet & Lynbrook Invite 10/30/25 Bernie **No Center Meet, only the Invite on Oct 30<sup>th</sup>.**

\_Baylands #1 Tuesday, 9/23/25 Michael (Palo Alto)

\_SCVAL Preview Tuesday, 10/7/25 **Mt View & Lynbrook**

\_Baylands #3 Tuesday, 10/21/25 **Charles Alexander** (Los Altos)

\_League Championship Tuesday 11/4/25 **Mt View & Lynbrook. PAL starts "League Meet Week" on Sat before SCVAL**

\_Gate charge **via GoFan website \$5 child/\$10 adult**

NFHS rule changes 2025: `Nothing relevant to XC.`

\_Handouts and link:

Any additional business?

Attached are the handouts from the CCS meeting on August 13<sup>th</sup> : (Sent in previous email.)

[CCS meeting agenda](#)

[New CBEDs](#)

[CCS at-large-times](#)

[League alignments](#)

[CCS cross country bylaws](#)

[CCS sanctioned invitationals](#)

[State team entry numbers by section and division](#)

[Crystal Springs schedule](#)

[Crystal Springs clean-up day](#)

[Wet bulb](#)

Additional handouts:

[SCVAL 2025 schedule](#)

