

2026 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- Crystal Springs cost, etc
- _ Rosters and Timing Chips Hank – roster due by 9/14/26
- _ Review Handouts Paul A
- _ CCS meeting: Paul A
- _ Crystal Springs: CCS meet, Championship Schedule, handbook update, and Crystal Springs neighborhood
- Hosting meets:
 - EMT and/or trainer for all of our meets. Any changes needed from last year?
- _ State meet 11/28/26, schedule TBA
- _ Training Safety -see handouts – Uniforms, Wet Bulb and training in the roads
- _ Fremont Firebird ? Alejandra or Adam
- _ Lynbrook Center Meet & Lynbrook Invite 10/29/26 ? Bernie
- _ Baylands #1 Tuesday, 9/22/26 Michael (Palo Alto)
- _ SCVAL Preview Tuesday, 10/6/26 Jonathan & Bernie (Mtn View & Lynbrook)
- _ Baylands #2 Tuesday, 10/20/26 Charles (Los Altos)
- _ League Championship Tuesday 11/3/26 Mtn View & Lynbrook
- _ Gate charge ? GoFan website SCVAL & CCS
- _ NFHS rule changes 2026: Nothing relevant to XC.

Any additional business?

Attached are the handouts from the CCS meeting on August 12th : (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](#)

[Wet bulb](#)

[NFHS Tips for Safer Running](#)

[NFHS Cross Country Uniform Rules](#)

Additional handouts:

[SCVAL 2026 schedule](#)

[SCVAL XC Bylaws](#)

Full teams at league emails