



**To All Coaches and Athletic Directors,**

Welcome to the **2025 SCVAL Championship MEET**. Our staff from Los Gatos High School is excited to host the meet this year. The meet will be held at the track and field complex at Los Gatos High school on Saturday MAY 10<sup>th</sup> 2025.

I have attached the time schedule, rules for turn judges and a few other important critical documents. A website will be forthcoming in few days.

**In addition**, this year we will offer a warm up field – the baseball field next to the track. – The clerk of the course will also be at this location.. Same location as Top 8.

Our PA system is new and is very loud so athletes should hear clearly. It is important that athletes know the time schedule and we will have it posted around the track facility.

A few other key notes:

1. Implement weigh in will be down at the shot put area next to the pole vault.
2. We will have pole vault area sectioned off away from the track –
3. We will have water on field for athletes.
4. There will be a food truck present all day.
5. We kindly ask that only athletes competing in jumps be on the field. All other athletes will be escorted onto the field for the races.
6. We will have a coach's box for all field events.
7. Several things—we will use a rolling schedule—however if we get to far ahead—**we will announce a precise starting time after a short break.**
8. In the event of last minute scratches. – please follow league BYLAWS.

Please feel free to email or text me with any questions

Meet will run similar to CIF State meet.

## **MEET DIRECTOR**

Doc

Danny Colton, MD, MPH  
Head Coach Track and Field  
Los Gatos High School

[paindoctor@aol.com](mailto:paindoctor@aol.com)



SCVAL Time Schedule 2025.docx

Updated automatically every 5 minutes

## SCVAL Championship Meet

Saturday, May 10<sup>th</sup>,  
2025 Los Gatos H.S.

Running Events:      Field  
Events:  
11:00am      VG 400 Meter  
Relay      8:30am      Check  
in/Warm ups  
11:08am      VB 400 Meter  
Relay      9:00am      Boys  
Discus  
11:15am      VG 1600 Meters  
Run                      Girls Shot  
Put  
11:23am      VB 1600 Meters  
Run  
11:35am      VG 100 Meter  
Hurdles      9:30am  
                    Check in/Warm ups  
11:42am      VB 110 High  
Hurdles      10:00am      Girls  
Long Jump  
11:50am      VG 400 Meters  
                    Boys Long  
Jump  
11:56am      VB 400 Meters\*  
                    Boys High  
Jump  
12:05am      VG 100 Meters  
                    Co-ed Pole  
Vault  
12:10pm      VB 100 Meters  
  
12:15pm      VG 800 Meters  
                    10:45am Check-in/Warm  
ups\*\*



## SCVAL Time Schedule 2025.docx

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11:10am  
 Boys Shot Put  
 12:42pm VB 300M  
 Hurdles  
 12:50pm VG 200 Meters  
 11:45am Check-  
 in/Warm ups\*\*  
 12:56pm VB 200 Meters  
 12:00pm Girls Triple  
 Jump  
 1:00pm VG 4x800 Meter  
 Relay Boys Triple  
 Jump  
 1:15pm VB 4x800 Meter  
 Relay Girls High  
 Jump  
 1:30pm VG 3200 Meters Run  
 1:45pm VB 3200 Meters  
 Run  
 2:00pm VG 1600 Meter  
 Relay  
 2:15pm VB 1600 Meter  
 Relay

\*3<sup>rd</sup> heat for Wheelchair &  
 Ambulatory Division  
 \*\*Or immediately following  
 completion of previous event

Field Throws Officials Meeting  
 8:15am @ Clerks Tent

Field Jumps Officials Meeting  
 9:15am @ Clerks

Tent  
 Coaches Scratch Meeting  
 9:00am @ Clerks

Tent  
 Implement Weigh-ins  
 for: 9:00am events  
 ~ 8:15-8:30am

10:45am events ~  
 10:30-10:45am



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# SCVAL 2025

## MEET INFORMATION

Please forward to your assistant coaches and anyone that will be officiating a field event.

Here is information for the meet (items in red has been changed from previous years or are highlighted for emphasis):

1) The scratch meeting is at 9am. We will not reseed the heats. If the scratch is from the fast heat, the fastest qualifier from the slow heat will move to take that spot and the alternate will take the spot in the slow heat. If it is from the slow heat, the alternate will be placed in the empty lane.

### Field Events

2) There will be a Field Throws Officials meeting at 8:15am. The Head Field Judge for each throws should be at the meeting. The Field Jumps Officials will meet at 9:15am at the high jump area.

3) All throwers should arrive no later than 8:15m. Weigh-ins are from 8:15-8:30am. Warm ups should start no later than 8:45am with official competition at 9:00am. Anyone not checked in by then should be scratched. Alternates can only be added if there is a scratch and their name is on the alternate list. Upon check in, the official should determine if they have any conflict with another event and note it.

4) A time schedule for the meet will be included on all field events clipboard, along with rules, the alternate list and the field sheets. The schedule can be used to help determine when a field athlete can check out for another event. **For running events, the athlete should be allowed to leave no earlier than 10 minutes** before their race and immediately return after the race. Note the time they leave for a race on the field sheet. When competing in 2 different field events, they should be allowed 10 minutes to go to the other event and make at least 1 or more attempts. Again note the leaving time on the field sheet. Field athletes can take multiple attempts or compete out of order. **The field official can move them to a different flight also.** See the NFHS Rule 3-10, articles 3 & 4. Attached file has the rules.

5) The LJ, TJ, SP and Discus will compete in 2 flights with the top 8 marks competing in the 2nd flight, the rest of the competitors in the first flight. Everyone will receive 3 attempts. **At the completion of the 2 flights, the top 8 will get 3 more attempts.** They will compete in reverse order of their place after the initial 3 attempts.

6) For HJ and PV, athletes will compete in 1 flight. The PV official will determine the starting height. **The starting height for high jump will be the mark of the 16<sup>th</sup> qualifier before scratches. The Girls HJ will start at 4'2" and the Boys HJ will start at 5'2".** For the HJ or PV athletes, allow the athletes that have other events to check out for only 10 minutes at a time. Warn them if they are not back in the allotted time, the bar could be moved up. Please note the time they checked out on the field sheet. Also, offer attempts out of order to keep the competition moving. I will attach a page with case studies on checking out from the NFHS T&F Rule Book.

7) If there is a tie for 5<sup>th</sup> place in the HJ, there will be a jump-off for the final qualifying spot to CCS. Follow the same rules if it were a tie for first place.

8) Field athletes, checking out for another field event, should be given a time limit for returning. **The high jump official cannot hold the jumpers** at that event and prevent them from going to other field events.

9) For the HJ and PV, athletes can state their starting height. **They don't need to be there to pass each height.** It is their responsibility to be back there when that height is reached.

## **Running Events**

10) There will be slow/fast heats for all track events, except the 1600m and 3200m, with the athletes/schools with the best 8 marks in the fast heats and the remaining in the slow heat.

11) The 1600m and 3200m will use an alley start with the top 5 or 6 in the outer alley and the rest in the inner alley. They will be placed with the fastest athlete by qualifying time on the outside and in order to the slowest in lane 1. The 800 will be a 1 turn stagger in lanes. **If the Finish Line judge and Starter does not think an alley start is necessary for the 1600 or 3200m, they will use a waterfall start.**

12) If we can run ahead of the schedule, **it will be no more than 10 minutes.**

13) Athletes and alternates should **check in at least 30 minutes ahead of their schedule event.** Alternates should show up at the starting line, in case a competitor does not show.

14) **There will be no warm ups in the infield. The baseball field is available for warm ups and will have some hurdles available. No athlete should be on the infield unless they are in the next event. Once the race is done, they should exit through the gate by the Clerk of the Course**

15) **Electronic devices are not allowed** on the infield, unless they are being used by officials to communicate with each other. Only coaches may record and show video to their athlete in the coaching box.

16) **Coaches will stay off the infield unless they are working as an official.** For the LJ and TJ, the coaches may stand in the area separated from the pits. There will be a coaching box near the HJ. For SP and Discus, coaches can stand outside the fence of the shot put area.

17) For those that have not been to LG our long and triple jump pits are on the visitor's side of the Track.

18) The rules and infractions for the 4x400 relay hand-offs from the NFHS Track are in the attachment. We have a history of issues with the 4x400 relays.

## SCVAL Championship Meet

- a) Saturday, May 10
- b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, Curtis Liang and Jonathan Hubbs. They will determine Top 16. Remember: goal is to get best athletes to the meet.
- c) Please send scratches by Wed., May 7 at 8:00pm to Hank Lawson, Julie L'Heureux and Jonathan Hubbs  
There will be a spreadsheet to keep track of scratches.
- d) Lane Assignments will be done Wed. Night
- e) Location - Los Gatos
- f) Start Times: 9am Field, 10am Jumps, 11am for Running
- g) Meet Director: Danny Colton
- h) Starter: Jeff Gallero, Steve Villegas
- i) Jury of Appeals (3 + 2 alt.): Julie L'Heureux (SC), Jonathan Hubbs (Mt.V), Bernie Ramos (L)  
Alternates: Franco Mannucci (M), David Sciplin (MV)
- j) Job Assignments:  
Timer: Hank Lawson  
Results: Hank Lawson  
Announcer: Alejandra Flores (F)  
Field Event Result Julie L'Heureux (SC)  
Clerk of Course: Los Gatos  
Starting Clerk: Curtis Liang (H)  
Finish Line: Curtis Liang (H)  
Block Crew: Gunn  
Implement Weigh In: Santa Clara  
Events: experienced official for field events  
    Pole Vault: LG  
    Hurdles: Wilcox  
    Shot: Monta Vista  
    Discus: Milpitas  
    LJ/TJ Girls - Cupertino  
    HJ: Homestead  
    LJ/TJ Boys: Lynbrook  
Finish Line Judges: Curtis (H)  
Turn Judges:  
1st half (400m relay - 100m) 8 judges - MAC (2), SC(1), F (1), S (1), PA (1), LA (1), Mt. V (1)  
2nd half (800m - 1600m relay) 8 judges - S(2), PA (2), LA (2), Mt.V (2)  
Snack Bar - Los Gatos

Untitled Map  
Write a description for your map.

Legend



Parking

Parking

20 High School

Parking

Parking

Parking

Parking

Parking

Parking



## Turn Judges

Please help with hurdle set up if in your area. Thanks.

Some Infractions to look for:

Relay Infractions – Passing outside the exchange zone

- 1) Drop Baton – outside exchange zone must be retrieved by runner who dropped it
- 2) Drop Baton – inside exchange zone, if a legitimate attempt is made to pass it, either runner can pick it up as long as the baton is retrieved within the original exchange zone extended across the track. Also they cannot interfere with the other runners.
- 3) Lane infractions – running on the inside of the lane or curb for three or more consecutive steps with either or both feet
- 4) Lane infractions – interfering with other runners by running outside their lane
- 5) Break line – taking 1 or more steps outside their lane before the break line
- 6) Running inside the track curb to gain an advantage over a competitor by improving position or shortening the course
- 7) Impeding a runner by crossing their path and not being a full stride ahead
- 8) Hurdling Infractions – knocks down hurdle by hand
- 9) Advances or trails a leg or foot along the side of and below the height of the hurdle
- 10) Does not attempt to clear each hurdle.
- 11) Interferes with another hurdler, knocks hurdle into another lane which interferes with the runner
- 12) Please read the rules on next page on the 4x400 relay so you know what interference to look for.

These are just some to look for. If you see any infractions, report them to the Meet Referee (starter) and he will rule whether it is a DQ.

inner line in their respective lanes to help the judges in their decisions.

## 2. THREE-TURN STAGGER START: 4x400 METER RELAY GUIDE CARD

Runner No. 1 — Must run in his/her lane all the way. The line on the left is the curb line; stay off of it, do not run on it.

Runner No. 2 — No. 2 shall receive the baton in the lane in which he/she is assigned. After receiving the baton, No. 2 must run the curve in his/her lane until the break line. Runner No. 2 may move towards the inside curb provided he/she does not impede, interfere or have physical contact with opposing runners.

Incoming runner Nos. 2 to 3 and 3 to 4 need to watch their teammate as he/she comes around the curve. It is the incoming runner's responsibility to line up with his/her teammate. **It is the incoming runner's responsibility to avoid impeding outgoing runners.**

Runner Nos. 1, 2, 3 — After handing off the baton, stay in their lane; don't leave or exit the track until all lanes are clear and, if bumped while in their lane, it is "legal". But if they are bumped out of their lane, illegal; disqualification.

Runner Nos. 2, 3, 4 — The inside line on the track is the curb line; stay off of it, do not run on it. If the competitor runs three consecutive steps with one or both feet on this line on the curve, his/her team shall be disqualified.

Runner No. 4 — No. 4 should not throw the baton after he/she crosses the finish line. The team shall be disqualified.

EXCHANGE ZONE. Acceleration zone may not be used.

## FIELD JUDGES

We will hold two flights for the long jump, triple jump, discus, and shot put with the athletes with the top 8 marks competing in the second flight and all remaining athletes competing in the first flight. All athletes will initially receive three attempts in their event. If there are 12 or fewer athletes upon check-in, the official can combine the athletes into 1 flight.

After all athletes have had three attempts in their event; the top 8 will receive three additional attempts. If there is a tie for 8<sup>th</sup> place, both will advance to the finals. They will compete in reverse order of their place after the initial three attempts. Please double-check your work or have someone else check it.

Officials at the SP and Discus should make sure the throwing area is cleared before calling the next competitor to the ring.

Please measure the discus' marks to the lesser inch as per NFHS rules.

### **The top 5 boys and top 5 girls qualify to CCS Trials.**

All high jump qualifiers and pole vault qualifiers will compete in one flight.

If there is a tie for the last qualifying place in the HJ to the CCS semifinals, then the tie will be broken by a jump off in accordance with Rule 2-2-2-b-4 of the National Federation Track and Cross Country rules.

Upon check in, the field official should confirm with the athletes if there is any conflicts with other events. The athletes can take multiple jumps in a row if they have another event at the same time.

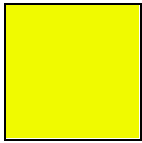
For athletes checking out to go to a running event, they can only check out 10 min. prior to their event. The official should note the time of check out on the results sheet. Upon completion of their other event, the athlete has up to 10 min. to recover before competing again. A time schedule is attached. The running events will run no more than 10 min. ahead of schedule.

At the end of competition, the results should be taken to the scoring table



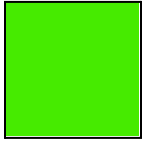
## 2025 SCVAL Championships

# WRISTBAND ACCESS CHART



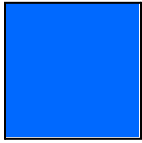
### **SPECTATOR** (*Yellow*)

Only access area outside of the track. No access to Warm Up/Team Camp area or Infield.



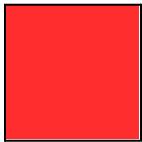
### **VOLUNTEER** (*Green*)

Access to all areas of the event including Track, Infield, Warm Up /Team Camp Area, Hospitality Room, etc.



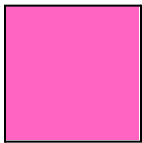
### **COACH** (*Blue*)

Access to the Warm Up/Team Camp Area, Infield, Hospitality Room.



### **OFFICIAL** (*Red*)

Access to all areas of the event including Track, Infield, Warm Up /Team Camp Area, Hospitality Room, etc.



### **MEDIA** (*Pink*)

Access to Infield and Hospitality. No access to Warm Up/Team Camp area.

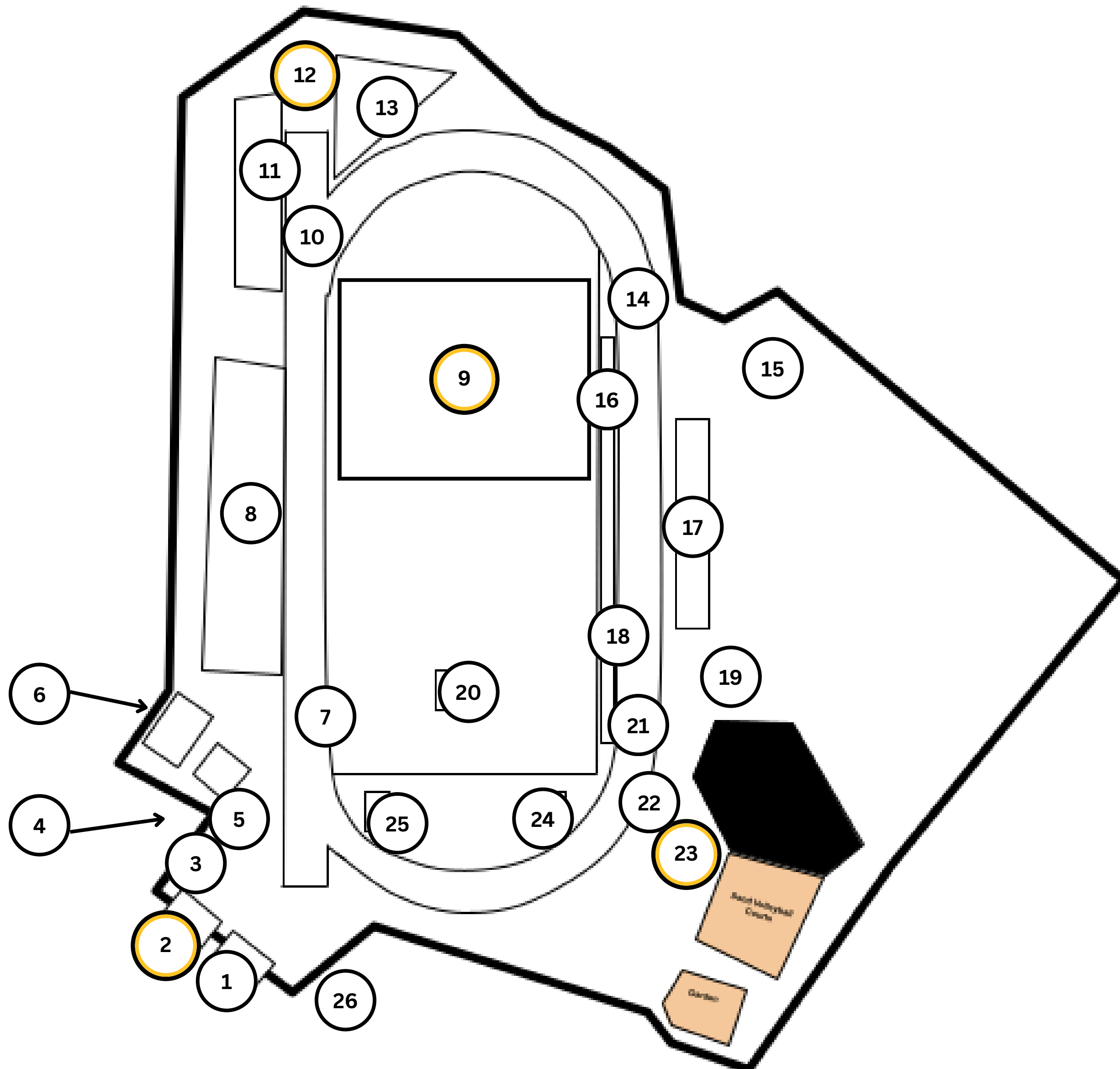
## Additional Notes

- Athletes should show their uniform top to gain access to track and warm up area
- Coaches and Officials with Blue wristbands will have access to the Hospitality room all day

# 2025 SCVAL Championships

## Meet Map

Please use this document to acquaint yourself with our facility. The warm up area will be located on the in-field, Only athletes, coaches, officials and media will be permitted on the in field. Athletes that are not actively competing or warming up will be asked to leave the infield.



## LEGEND

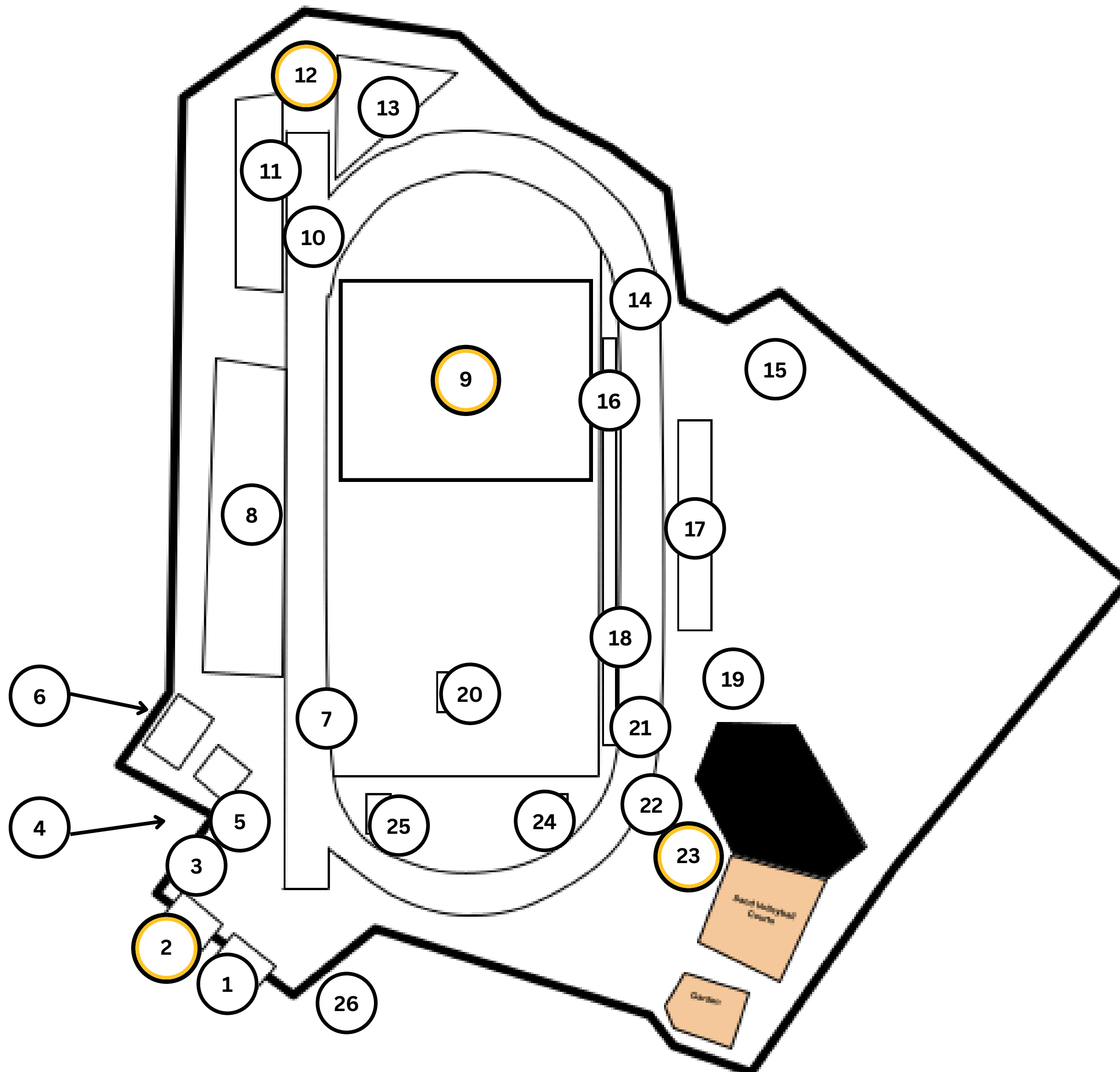
- |   |   |
|---|---|
| 1. Spectator Entrance   | 13. Shot Put  |
| 2. Coaches, Athletes, Officials and Volunteer Entrance                    | 14. 200m Start Line   |
| 3. Food Truck   | 15. Discus  |
| 4. Restrooms <small>Indoor; Next to Concessions</small>                   | 16. Long/Triple Jump Pit #2<br><small>Closest to 200m Start</small> |
| 5. Merchandise  | 17. Visitors Stands   |
| 6. Coaches & Officials Hospitality Room <small>Behind Concessions</small> | 18. Long/Triple Jump Pit #1<br><small>Closest to 300m Start</small> |
| 7. Finish Line  | 19. Restrooms   |
| 8. Home Stands  | 20. Athletic Training Tent  |
| 9. Warm Up Area   | 21. 300m Start Line   |
| 10. 100m Start Line   | 22. Entrance to Track   |
| 11. Pole Vault  | 23. Clerk of the Course   |
| 12. Implement Weigh I   | 24. High Jump Pit #2<br><small>Closest to 300m Start</small>        |
|   | 25. High Jump Pit #1<br><small>Closest to Finish Line</small>       |
|   | 26. Los Gatos Track & Field Shed                                    |



# 2025 SCVAL Championships

## Meet Map

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## LEGEND

- |  |  |
|--|--|
| <b>1. Spectator Entrance</b>   | <b>13. Shot Put</b>  |
| <b>2. Coaches, Athletes, Officials and Volunteer Entrance</b>                        | <b>14. 200m Start Line</b>   |
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|  | <b>26. Los Gatos Track &amp; Field Shed</b>                                |

