

## **Minutes of SCVAL T & F Preseason Meeting 2025**

Handouts: (done electronically) SCVAL Track By-laws, CCS By-laws, CCS AT-Large Standards, SCVAL At-Large Standards for Hardship, NFHS T&F Rule Changes, Points of Emphasis and Comments. Appendix will have links or PDFs of some of the handouts.

### Attendance

The following coaches were in attendance: Julie L'Heureux (SC), Paul Armstrong (C), Leonard Morris (C), Jonathan Hubbs (Mt.V), Kenrick Sealy (H), Marissa Levy (H), Bernie Ramos (L), Franco Mannucci (M), David Sciplin (MV), Curtis Liang (H), Michael Davidson (PA), Amanda Follmar, David Garza (W), Danny Colton (LG), Karen Saxena (G), Darrin Garcia (MAC), Geoff Elmore (LG), Alejandra Flores (F), Austin Nguyen (M), Curt Johansen (G, AD Liaison), and Hank Lawson (timer, website). Los Altos did not make it to the meeting, due to extenuating circumstances.

### Introductions

Athletic Director Liaison, Curt Johansen (Gunn)

League Reps: EC-Julie L'Heureux (SC), DA-Stephanie MacKenzie (LA)

Update: Stephanie stepped down and Jonathan Hubbs (Mt.V) is the temporary DA League Rep.

Coaches updated their phone and email for the master list.

### League Schedules

Start date- Feb. 3

First scrimmage - Feb. 17, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.

First contest: Feb. 24, 14 contest allowed for individuals or team.

Hank Lawson: Roster submission - Feb. 20 by 11:59pm, athletic.net, accept invitation. CIF does not allow the 4x800m to be run at the Winter Qualifiers (all-comers meet).

### By-Laws Update

Article II stills needs to be fixed, 14 contests allowed.

Article V, Section 1.2, clarification must compete 50% of SCVAL Dual Meets to compete at League meet. See end of minutes in the appendix.

Article VI, Section 2.3 change was approved, but new by-laws show an alternate list of 12 and not 8 as requested. It will only be 8 alternates.

Article VII, Section 4: 800m Relays not changed to 3200m relay.

CCS By-law change: Track was requesting a date change for end of League Competition: Grissom said it was not necessary, if a meet can't be completed on that Saturday, the league should contact the CCS Commissioner ASAP for an extension to Monday.

SCVAL Constitution, Article XVI

Admission Charge for Division Meets, SCVAL: \$8-general admission, \$5-students, seniors and children 6 and above, children 5 and under free.

CCS Meeting

Semifinals - Sat., May 17 @ Gilroy H.S.

Finals - Sat., May 24 @ Gilroy H.S. Official Time Schedule will be published in April.

Updated CCS By-laws should be out by February. It is expected that CCS will have trials for the 4x800. It was approved. It will add 1 hour to the trials schedule.

Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers.

CCS At-large times can be found in CCS By-laws.

SCVAL automatic entries are 5 for boys and 5 for girls

LJ/TJ Coaches will get a field pass from their athlete, may have special box for coaches with conflict between horizontal jumps and the high jump.

Officials, for field events, should arrive at least 45 minutes before start time. Officials must be present for warm ups for safety reasons.

Job Assignments for CCS Semifinals and Finals: Schools should provide a coach or knowledgeable adult, must stay until shift is over and next shift shows up. The first shift will pick up the flags and badges, if you are working the second or third shift, you will get your badge from the previous shift.

CCS Trials and Finals Job Assignments

Trials

<u>Events</u>	<u>School</u>	<u>School</u>	<u>Length*</u>
400m relay - 400m	Cupertino	Santa Clara	2H,40M
100m - VG 3200m relay	Fremont	Gunn	2H,30M
VB 3200m relay - 1600m relay	Lynbrook	Saratoga	2H,40M
High Jump (2-3 workers)	Milpitas	Rand Crippen	(official)

Finals

<u>Events</u>	<u>School</u>	<u>School</u>	<u>Length*</u>
400m relay - 400m	Palo Alto	Mt. View	1H,20M
100m - 200m	Homestead	Wilcox	1H,20M
3200m relay - 1600m relay	Los Altos	Monta Vista	1H,35M
High Jump (2-3 workers)	Los Gatos	Rand Crippen (official)	

\*H: hours, M: minutes

Workers should arrive ready to work 45 minutes before the start of the event. Flags and paperwork will be provided for turn judges. HJ official should bring measuring tape and pencils. A \$100 fine or loss of entry for next year's meet could be levied if a league does not provide personnel for their events on time.

Head Coaches sign-in, first 5 coaches free for a school and all officials are free. SCVAL officials' names must be turned into the Meet Director to get in free. Send names to Julie L'Heureux.

Spectators: use Go-Fan for tickets  
 CCS Evaluation Meeting - Tues., June 3, 4pm  
 A school coach of record must accompany their athletes, CIF rule.

CIF/CCS pass is good for all CCS Invitationals. You must accept the pass.

Steve Filios will be the new official interpreting the T&F rules.

Here is information on the new rules for extreme heat:  
<https://www.cifstate.org/sports-medicine/WBGT> - Wet Bulb Globe Temperature  
<https://koreystringer.institute.uconn.edu/wet-bulb-globe-temperature-monitoring/>

#### State Meet

Trials, Fri., May 30, Finals, Sat., May 31  
 Location: Buchanan High School, Clovis  
 CCS will mimic the event order when possible.

#### NFHS Rule Changes

You should have a copy of NFHS Track Rules Book, provided by the league. Your athletic director should give it to you. Rule changes and points of emphasis in handouts, see appendix. One rule change of note: recall distance has been changed to the first 50 meters.

#### Post Season Meeting - May 21

Time - 7:00pm, location - SCHS

### Other Items

Andy Anderson Relays (scrimmage) - Thurs., Feb. 27, 3:30pm  
Participating schools are Santa Clara, Homestead, Wilcox and Cupertino.

### Meet Directors

A few reminders for future meet directors:

All job assignments should be filled, preferable with experienced workers, especially for the throws. There should be a starting line clerk if there is only 1 starter assigned to the meet. The starting line clerk will assist the starter with insuring the athletes are in the appropriate lanes and give last minute race instructions.

Turn Judges should be assigned for the whole meet.

There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.

The Field Event Officials need to review the rules for checking out of an event and competing out of order. Athletes should only compete out of order if they have a conflict with another event.

For tracks with no curb, cones should be placed on the inner edge of the track. It is best to have as many cones as possible. Check NFHS rules for distance between cones.

Discus is measured to the lesser inch.

Meet Director should only direct the meet.

All coaches need to help with meet management; unfortunately, we can't just coach our athletes.

Hank Lawson is timing Leagues, SCVAL - keep him in the loop.

Wind gauges should be used, implements weighed and checked.

*We have 2 starters for SCVAL and possible starters for 3 of the 4 league meets. Will have to submit a budget for meets to approve paying the starters. Done, only 1 starter approved for the League meets and will be paid by the League Commissioner.*

### 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 TBD. 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

#### De Anza League Trials and Finals

DAL - Homestead

- b) Location: Homestead
- c) Days and time: April 29, May 1, field events 3pm, running events 4pm
- d) Meet Director - Kenrick Sealy
- e) Duties

Starter: Steve Villegas, Matt Villegas - only if budget is submitted and approved

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: TBD

Head Field Judge (check field results)/Weigh-in: Gerri Baldwin (LA)

Jury of Appeals (3 + 2 alt.): Lynbrook, Mt. View, Milpitas

Alternates - Los Altos, Palo Alto

Clerk of the Course: Homestead

Block Crew: Gunn

Events:

    Hurdles - Homestead

    Shot - Los Altos

    Discus - Milpitas

LJ/TJ Boys - Palo Alto  
LJ/TJ Girls - Lynbrook  
HJ - Los Gatos  
Chief Finish Line Judge: Homestead  
Finish Line/Turn Judges:  
Day 1 110H-100m (3) Palo Alto, Mt. View, Milpitas  
3200JVG-200m (3) Lynbrook, Gunn, Los Gatos  
Day 2 4x100-100m (3) Mt. View, Palo Alto, Milpitas  
800-4x400 (3) Los Altos, Los Gatos, Gunn

f) League Entries are due April 26 at 11:59pm.

### El Camino Trials and Finals

EC - Saratoga

- a) Location: Saratoga
- b) Days and time: April 30, May 2  
field events 3pm, running 4pm
- c) Meet director: Archie Ljepava
- d) Duties

Starter: Steve Villegas & Matt: need approval - Wed., TBA -  
Fri.

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux

Jury of Appeals (3 + 2 alt.): Alejandra Flores (F), David

Sciplin (MV), Julie L'Heureux (SC)

alternates: Leonard Morris (C), David Garza (W)

Clerk of the Course: Saratoga

Block Crew: Saratoga

Starting Line Judge: Monta Vista

Weigh-ins: Santa Clara

Events:

Hurdles - Saratoga

Shot - Fremont

Discus - Wilcox

LJ/TJ Boys - Monta Vista

LJ/TJ Girls - Cupertino

HJ - MacDonald??

Chief Finish Line Judge: Monta Vista

Finish Line/Turn Judges:

1<sup>st</sup> group: 4x100-100m: 1 from each school except Saratoga

2<sup>nd</sup> group: 800-4x400: 1 from each school except Saratoga

f) League Entries are due April 26 at 11:59pm.

Meeting adjourned.

Appendix:

Here is the interpretation for the Playoff policy - 50% of League competition from the League Commissioner:

Also, for SCVAL 50% rule, a quad meet where all schools compete against each other, counts as 3 meets. So basically, DAL and ECL athletes have to be in 3 SCVAL meets. Although ECL has 8 teams, MacDonald only competes in the JV divisions so ECL only need 3 too. (From last year) The DAL should have 4 competitions and ECL needs 3 competitions.

There is a 50% rule for CCS and it has a different interpretation, from 2019:

- a. **Playoff policy – 50 % rule: Each league contest (whether it be a dual meet, double dual, triple dual, tri-meet, etc) counts as one (1) toward the 50% rule. He also confirmed that the league championship meet counts (trials and finals are not separate meets however) toward the 50% participation.**
- b. CIF State Bylaw: 14 Meet limit – Each contest/meet (whether a dual meet, double dual, triple dual, tri-meet, etc. and invitational) counts as one (1) toward the team total of 14. However, he confirmed that, if a team “splits their roster” and sends some individual to one meet and others to a different meet (on the same day. I.e. some athletes to Arcadia and some to the Don Bell Quicksilver Classic on 4/6), it only counts as one (1) toward the team total as long as no athlete on the team participates in both meets that day. He also confirmed that no individual athlete can compete in more than 14 meets in a season. This count does not include: league trials, league finals, CCS trials, CCS finals, State trials, State finals. It also does not include any scrimmage (non-scoring) meets that occur prior to the first scoring meet of the year. *Please note:* As per CCS Scrimmage bylaws: any results from a non-scoring/scrimmage meet cannot be published in any manner (i.e. any website, newspaper, etc) Also, those marks cannot be used for entry purposes/qualifying marks for any other meet.

Here is a link to the CCS T&F By-laws:

[https://cifccs.org/sports/track/2024-25/track and field bylaws 2024-25.pdf](https://cifccs.org/sports/track/2024-25/track%20and%20field%20bylaws%2024-25.pdf)

Here is the link for the SCVAL T&F By-laws:

<http://www.scval.com/springSports/3%2024-25%20SCVAL%203%20Track%20By-laws.pdf>

Link to the NFHS rule changes for track & field:

<https://nfhs.org/activities-sports/track-fieldcross-country/>

Here are the SCVAL At-Large Standards for Hardship and the paperwork:

[http://www.scval.com/documents/Hardship%20Request%20Form\[47\].pdf](http://www.scval.com/documents/Hardship%20Request%20Form[47].pdf)

SCVAL  
Standards 2025

Boys	2025
100m	11.53
200m	24.05
400m	53.07
800m	02:03.36
1600m	04:34.13
3200m	09:39.03
110HH	16.66
300IH	43.68
Long Jump	20' 1"
Triple Jump	39' 6.25"
High Jump	5' 4.5"
Shot Put	38' 8.75"
Discus	119' 2"

Girls	2025
100m	13.34
200m	27.59
400m	01:03.89
800m	02:26.19
1600m	05:20.56
3200m	11:27.06
100HH	17.43
300LH	50.67
Long Jump	15' 4.5"
Triple Jump	32' 3"
High Jump	4' 5.25"
Shot Put	28' 0.5"

Discus	88' 10"
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# SCVAL Track & Field Pre-Season Meeting 2025

## Agenda

Handouts:(done electronically) SCVAL Track By-laws, CCS By-laws, CCS AT-Large Standards, SCVAL At-Large Standards for Hardship, NFHS T&F Rule Changes, Points of Emphasis and Comments

- 1) Introductions
  - a) Athletic Director Liaison, Curt Johansen (Gunn)
  - b) League Reps: Julie L'Heureux (SC) - EC, Stephanie MacKenzie (LA) - DC
  - c) Phone and email updates
  
- 2) League Schedules
  - a) Start date - Feb. 3
  - b) First Scrimmage - Feb. 17, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
  - c) 1st contest: Feb. 24, 14 contest allowed for individuals or team
  - d) Roster submission - Feb. 20 by 11:59pm - athletic.net
  - e) League Entries - athletic.net, accept invitation
  - f) Hank Lawson: Athletic.net, 4x800m relay not allowed at All-Comers meets, why?
  
- 3) By-Laws Update
  - a) Article II stills needs to be fixed, 14 contests allowed.
  
  - b) Article V, Section 1.2, clarification must compete 50% of SCVAL Dual Meets to compete at League meet. See end of agenda.
  
  - c) Article VI, Section 2.3 change was approved, but new by-laws show an alternate list of 12 and not 8 as requested. Will check to see if it is a typo or correct.
  
  - d) Article VII, Section 4: 800m Relays not changed to 3200m relay
  
  - e) CCS By-law change: Track was requesting a date change for end of League Competition: no changes to report, did CCS address it?
  
- 4) SCVAL Constitution
  - a) Admission Charge for Division Meets, SCVAL:  
\$8-general admission, \$5-students, seniors and children 6 and above, Free-children 5 and under

from Article XVI in SCVAL Constitution

- 5) CCS Meeting - Thurs., Jan. 16
  - a) Semifinals - Sat., May 17 @ Gilroy H.S.  
Finals - Sat., May 14 @ Gilroy H.S.  
Official Time Schedule will be published in April.
  - b) Updated By-laws should be out by February.
  - c) 4x800m relay: It is expected that CCS will have trials for the 4x800, awaiting approval. It will add 1 hour to the trials schedule.
  - d) Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers.
  - e) CCS At-large times in CCS By-laws/ in email
  - f) SCVAL automatic entries: 5 for boys, 5 for girls
  - g) LJ/TJ Coaches will get a field pass from their athlete, may have special box for coaches with conflict between horizontal jumps and the high jump.
  - h) Officials - field events - at least 45 minutes before start for warm ups, officials must be present for safety during warm ups
  - i) Job Assignments for CCS Semifinals and Finals:  
Schools should provide a coach or knowledgeable adult, must stay until shift is over and next shift shows up. The first shift will pick up the flags and badges, if you are working the second or third shift, you will get your badge from the previous shift.

#### Trials

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Cupertino	Santa Clara
400m - 300m IH		
200m - 1600m relay		
High Jump (2-3 workers)		

#### Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH		
400m - 300m IH		
200m - 1600m relay		

## High Jump (2-3 workers)

Workers should arrive ready to work 45 minutes before the start of the event. Flags and paperwork will be provided for turn judges. HJ official should bring measuring tape and pencils. A \$100 fine or loss of entry for next year's meet could be levied if a league does not provide personnel for their events on time.

- j) Head Coaches sign-in, first 5 coaches free, all officials are free
  - k) Spectators: use Go-Fan for tickets
  - l) CCS Evaluation Meeting - Tues., June 3, 4pm
  - m) Coach accompanying athletes (CIF rule)
  - n) CIF/CCS pass is good for all CCS Invitationals. You must accept the pass
  - o) Steve Filios will be the new official interpreting the T&F rules.
  - p) <https://www.cifstate.org/sports-medicine/WBGT> - Wet Bulb Globe Temperature  
<https://koreystringer.institute.uconn.edu/wet-bulb-globe-temperature-monitoring/>
- 6) State Meet
- a) Trials, Fri., May 30, Finals, Sat., May 31
  - b) Buchanan High School, Clovis
  - c) CCS will mimic event order when possible
- 7) NFHS Rule Changes
- a) Should have a copy of NFHS Track Rules Book, provided by the league. Your athletic director should give it to you or already did.
  - b) Rule changes and points of emphasis (handouts)
- 8) Post Season Meeting - May 21
- a) Time - 7:00pm, location - SCHS
- 9) Other -
- a) Andy Anderson Relays - Thurs., Feb. 27, 3:30pm if Participating schools are Santa Clara and Homestead. Cupertino, Fremont, and Wilcox? Please confirm your participation with Julie.
  - b) Other??
- 10) A few reminders for future meet directors:

- a) All job assignments should be filled, preferable with experienced workers, especially for the throws. There should be a starting line clerk if there is only 1 starter assigned to the meet. The starting line clerk will assist the starter with insuring the athletes are in the appropriate lanes and give last minute race instructions.
- b) Turn Judges should be assigned for the whole meet.
- c) There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.
- d) The Field Event Officials need to review the rules for checking out of an event and competing out of order. Athletes should only compete out of order if they have a conflict with another event.
- e) For tracks with no curb, cones should be placed on the inner edge of the track. It is best to have as many cones as possible. Check NFHS rules for distance between cones.
- f) Discus is measured to the lesser inch.
- g) Meet Director should only direct the meet.
- h) All coaches need to help with meet management; unfortunately, we can't just coach our athletes.
- i) Hank Lawson is timing Leagues, SCVAL - keep him in the loop.
- j) Wind gauges should be used, implements weighed and checked.
- k) We have 2 starters for SCVAL, possible starters for 3 of 4 league meets. Will have to submit a budget for meets to approve the starters.*

11) 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 Stephanie MacKenzie. 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 (spreadsheet)?
- 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.):  
j) Job Assignments:  
Timer: Hank Lawson  
Results: Hank Lawson  
Announcer: TBD Allejandra Flores?  
Field Event Result Julie L'Heureux (SC)  
Clerk of Course:  
Starting Clerk: Curtis Liang (MV)  
Finish Line: Curtis Liang (MV)  
Block Crew:  
Implement Weigh In: Santa Clara  
Events: experienced official for field events  
    Pole Vault: LG  
    Hurdles:  
    Shot:  
    Discus:  
    LJ/TJ Girls - Cupertino?  
    HJ:  
    LJ/TJ Boys:  
Finish Line Judges:  
Turn Judges:  
1st half (400m relay - 100m) 8 judges -  
2nd half (800m - 1600m relay) 8 judges -  
Snack Bar - LG

## 12) League Information

- a) Division meets: DAL - Homestead, ECL - Saratoga
- b) Time schedule - Set by the By-laws  
Division Trials and Finals - Field - 3pm, Running - 4pm
- c) First alternates for sprints & hurdles to League finals - show up or not eligible for SCVAL
- d) Field events- Officials: should be experienced.  
Per CCS: no warming up at field events until officials are in place and opens up the warm up area. Official needs to stay vigilante during warm ups and competition, keep competitors and spectators in safe area.
- e) Dual meets - prior to meet day, coaches should discuss any changes in meet set up: field event order, etc. Both coaches should agree with changes. Change of start time requires a Change of Schedule form.
- f) MacDonald H.S. competing in what divisions?
- g) During league trials and finals discussion, please have discussion on dual meet schedule so coaches can finalize their schedule.

- 13) DAL - Homestead  
b) Location: Homestead  
c) Days and time: April 29, May 1, field events 3pm, running 4pm  
d) Meet director - Kenrick Sealy  
e) Duties

Starter: Steve Villegas, Matt Villegas - only if budget is submitted and approved

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: TBD

Head Field Judge (check field results)/Weigh-in:

Jury of Appeals (3 + 2 alt.):

Alternates -

Clerk of the Course: Homestead

Block Crew:

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls -

HJ -

Chief Finish Line Judge: Homestead

Finish Line/Turn Judges:

Day 1 110H-100m (3)

3200JVG-200m (3)

Day 2 4x100-100m (3)

800-4x400 (3)

f) League Entries are due April 26 at 10pm

- 14) EC - Saratoga  
b) Location: Saratoga 26  
c) Days and time: April 30, May 2  
field events 3pm, running 4pm  
d) Meet director: Kathy Tippetts?  
e) Duties

Starter: Steve Villegas & Matt: need approval - Wed., TBA - Fri.

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux  
Jury of Appeals (3 + 2 alt.):

alternates:

Clerk of the Course: Saaratoga

Block Crew:

Starting Line Judge: Curtis Liang (MV)?

Weigh-ins: SC

Events:

Hurdles -

Shot -

Discus -

LJ/TJ Boys -

LJ/TJ Girls - Cupertino?

HJ -

Chief Finish Line Judge: Curtis Liang (MV)

Finish Line/Turn Judges:

1<sup>st</sup> group: 4x100-100m: 1 from each school except Saratoga

2<sup>nd</sup> group: 800-4x400: 1 from each school except Saraatoga

f) League Entries are due April 26 at 10pm.

15) Meeting adjourned

Appendix:

Here is the interpretation for the Playoff policy - 50% of League competition from the League Commissioner:

Also, for SCVAL 50% rule, a quad meet where all schools compete against each other, counts as 3 meets. So basically, DAL and ECL athletes have to be in 3 SCVAL meets. Although ECL has 8 teams, MacDonald only competes in the JV divisions so ECL only need 3 too. (From last year) The DAL should have 4 competitions and ECL needs 3 competitions.

There is a 50% rule for CCS and it has a different interpretation, from 2019:

**a. Playoff policy – 50 % rule: Each league contest (whether it be a dual meet, double dual, triple dual, tri-meet, etc) counts as one (1) toward the 50% rule. He also confirmed that the league championship meet counts (trials and finals are not separate meets however) toward the 50% participation.**

**b. CIF State Bylaw: 14 Meet limit – Each contest/meet (whether a dual meet, double dual, triple dual, tri-meet, etc. and invitational) counts as one (1) toward the team total of 14. However, he confirmed that, if a team “splits their roster” and sends some individual to one meet and others to a different meet (on the same day. I.e. some athletes to Arcadia and some to the Don Bell Quicksilver Classic on 4/6), it only counts as one (1) toward the team total as long as no athlete on the team participates in both meets that day. He also confirmed that no individual athlete can**

compete in more than 14 meets in a season. This count does not include: league trials, league finals, CCS trials, CCS finals, State trials, State finals. It also does not include any scrimmage (non-scoring) meets that occur prior to the first scoring meet of the year. *Please note:* As per CCS Scrimmage bylaws: any results from a non-scoring/scrimmage meet cannot be published in any manner (i.e. any website, newspaper, etc) Also, those marks cannot be used for entry purposes/qualifying marks for any other meet.

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