

SCVAL Track & Field Pre-Season Meeting 2026

Agenda

Handouts: SCVAL Track By-laws and Schedule:

http://www.scval.com/springSports/Spring_index.html

CCS By-laws, CCS AT-Large Standards, Automatic Entries, and Sanctioned T&F Invitationals:

<https://www.cifccs.org/sports/track/index>

NFHS T&F Rule Changes, Points of Emphasis and Comments:

<https://nfhs.org/sports/track-field>

SCVAL At-Large Standards for Hardship at end of agenda.

- 1) Introductions
 - a) Athletic Director Liaison: Scott Davis, Palo Alto
 - b) League Reps: Julie L'Heureux (SC) - EC, Jonathan Hubbs (Mt.V) - DA
 - c) Phone and email updates

- 2) League Schedules
 - a) Start date - Feb. 2
 - b) First Scrimmage - Feb. 16, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contests.
 - c) 1st contest: Feb. 23, 14 contest allowed for individuals or team
 - d) Roster submission - Feb. 26 by 11:59pm - athletic.net add to your calendar. Do not add spare athletes, I will add athletes in order to be in the format ANet would like.
 - e) League Entries - athletic.net, accept invitation after Hank posts it. Fremont, Paly, MacDonald & M Vista still need to accept the ANet invite.

- 3) By-Laws Update
 - a) Article II still needs to be fixed, 14 contests allowed.

 - b) From last year: Article V, Section 1.2, clarification must compete 50% of SCVAL Dual Meets to compete at League meet. See end of agenda.

 - c) Article V, Section 1.1.1: If mark meets CCS basic mark the athlete will be moved forward to SCVAL Finals meet. (This does not make sense.) Here is the wording I submitted: In the Varsity level, a school may enter more than 3 athletes, if their entered athletes have the SCVAL Hardship Standard for that event anytime in that same

400m relay - 400m	Cupertino	Santa Clara
100m - VG 3200m relay	LG. Gunn	
VB 3200m relay - 1600m relay	Lynbrook.	Paly
High Jump (2-3 workers)	Crippen?	Milpitas

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 400m	Wilcox.	MacDonald
100m - 200m	Mt. View	Los Altos
3200m Relay - 1600m relay	M Vista.	Saratoga
High Jump (2-3 workers)	Homestead	
Announcer - Fremont		

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 2, 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. Every school has a measurement device.
<https://koreystringer.institute.uconn.edu/wet-bulb-globe-temperature-monitoring/>

- 6) State Meet
 - a) Trials, Fri., May 29, Finals, Sat., May 30
 - 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 19
 - a) Time - 7:00pm, location - SCHS

- 9) Other -
 - a) Andy Anderson Relays - Thurs., Feb. 26, 3:30pm if Participating schools are Santa Clara and Wilcox. Cupertino, Fremont, and Homestead? Please confirm your participation with Julie.
 - b) Status of the proposal to have a league meet(s) with all 15 schools.

- 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: Steve & Matt Villegas. DA has a starter for Trials, Finals? Fremont: do you have any starters yet?

11) SCVAL Championship Meet

a) Saturday, May 9

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 6 at 8:00pm to Hank Lawson, Julie L'Heureux and Jonathan Hubbs. Jonathan will have a spreadsheet with entries and alternates.

d) Lane Assignments will be done Wed. Night

e) Location - MacDonald (SC backup)

f) Start Times: 9am Field, 10am Jumps, 11am for Running

g) Meet Director: Julie L'Heureux, Co-Meet

Director Jonathan Hubbs

h) Starter: Steve Villegas & Matt Villegas

i) Jury of Appeals (3 + 2 alt.): LG, M Vista, Lynbrook (alt: Gunn & Wilcox)

j) Job Assignments:

Timer: Hank Lawson

Results: Hank Lawson

Announcer: Alejandra Flores

Field Event Result SC

Clerk of Course: SC

Starting Clerk: Curtis Liang (H)

Finish Line: Curtis Liang (H)

Block Crew: Gunn

Implement Weigh In: Los Altos

Events: experienced official for field events

Pole Vault: LG

Hurdles: Saratoga

Shot: M Vista

Discus: Fremont

LJ/TJ Girls - Cupertino

HJ: LG

LJ/TJ Boys: Lynbrook
Finish Line Judges: N/A
Turn Judges:
1st half (400m relay - 800m) 8 judges -
2nd half (300H - 1600m relay) 8 judges -
Snack Bar - MacDonald

12) League Information

- a) Division meets: DAL - Milpitas, ECL - Fremont
- 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) During league trials and finals discussion, please have discussion on dual meet schedule so coaches can finalize their schedule.

13) DAL - Milpitas

- b) Location: Milpitas
- c) Days and time: April 28 & 30 1, field events 3pm, running 4pm
- d) Meet director - Austin Nguyen & Paul Abbott
- e) Duties

Starter:?

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 25 at 10pm

- 14) EC - Fremont
b) Location: Fremont
c) Days and time: April 29, May 1
field events 3pm, running 4pm
d) Meet director: Alejandra Flores
e) Duties

Starter:?

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: Fremont?

Block Crew:

Starting Line Judge:

Weigh-ins: SC

Events:

Hurdles -
Shot -
Discus -
LJ/TJ Boys -
LJ/TJ Girls - Cupertino
HJ -

Chief Finish Line Judge:

Finish Line/Turn Judges:

1st group: 4x100-100m: 1 from each school except Saratoga
2nd group: 800-4x400: 1 from each school except Saratoga

f) League Entries are due April 25 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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Athletic track

MacDonaldHS
Football Field

News

Multi-Use P

3680

KATHERINE F. G.
CONDORS

MACDONALD

CONDORS

10 20 30 40 50 10 20 30 40 50

Track & Field Points of Emphasis - 2026

BY NFHS ON NOVEMBER 7, 2025 | CROSS COUNTRY, RULES, TRACK & FIELD/CROSS COUNTRY



Throws Safety – Shot Put, Discus, and Javelin

Safety in the throwing events must be a top priority during both practices and competition. Coaches, meet officials, event managers, competitors and volunteers should review proper safety protocols during the preseason and before each meet to reduce the risk of potentially dangerous situations, during both warm-ups and competition periods. These safety measures must also be implemented consistently at practice.

Each throwing venue should be carefully regulated and set up with safety for athletes, officials, and spectators in mind. A clearly marked safety zone must be established for each event, using flagging or rope placed outside the sector lines and the farthest potential landing area of the implement. It's important to recognize that the flagged safety sector indicates the primary danger zone, but not the only one. Implements such as the discus and javelin can deviate significantly from their expected flight paths, and even well-marked venues require constant vigilance.

Officials must inspect venues for hazards, including checking cages for holes, loose netting, or other deficiencies. Any damage must be repaired prior to the start of throwing activities. Event personnel and athletes must be reminded to never turn their back to the throwing area during warm-ups or competition and to always wait for an official's signal before retrieving implements or leaving the designated area. These precautions are essential to prevent accidents due to premature entry or unexpected throws. Ongoing attention to safety by all

involved is critical to protecting participants and ensuring the integrity of the competition.

Restricted Areas – An often underestimated responsibility of the games committee is the designation of restricted and unrestricted areas within the meet facility. This delineation is key to all meets, not just the state meet series. Clearly defining these areas supports risk minimization, maintains the integrity of competition and ensures efficient meet operations.

Restricted areas are those where only competitors currently involved in an event, meet officials, and designated personnel are permitted. All others, including non-competing athletes and coaches, must remain in unrestricted areas, such as coaching boxes or designated viewing zones.

Per Rule 4-6-6, electronic devices can only be used in unrestricted areas. This rule applies to coaches and managers recording performances for review and instructional purposes, but also to athletes. Use of headphones, cell phones and other devices are prohibited by competitors in restricted areas. Athletes using an electronic device while crossing the track or approaching a field event venue may be distracted and unaware of their surroundings which increases the risk not only to themselves and others.

Coaching from a restricted area is considered assistance under Rule 4-6-5, which results in the coach's athlete being disqualified from the event. Coaches wandering from a designated coaching box into a restricted area of the facility can interfere with the competition and expose themselves to risk.

The games committee must make clear designations of restricted and unrestricted areas, communicate them effectively to all and enforce them consistently throughout the meet. This proactive approach promotes safety and fairness.

Protest/Appeal Process – During a track and field competition there are instances where there are disagreements with an official's call. In these cases, a protest may be made to the Meet Referee.

The referee shall review each written protest. The referee shall review all allowable evidence, such as an umpire's written report, and circumstances regarding the protest. Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to

the start of competition, shall not be used to make decisions related to the meet. Video or photos from the bleachers, streaming footage or any electronic means cannot be used as part of the appeal process. After the referee renders any decision, the referee shall notify the coach of the competitors affected by the decision and if necessary, results revised, posted and announced.

At meets where a Jury of Appeals is appointed by the games committee a coach may protest if they believe that the stated terms and conditions of competition or the application of the rule(s) have been misapplied or misinterpreted by the Referee, a written appeal may be made to the Jury of Appeals.

The following situations are subject to protest and appeal:

- Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- Correction of clerical or team scoring errors - corrected up to 48 hours after the end of the meet.
- Another time period may be specified in advance by the games committee or meet director.
- Correction of meet results involving an ineligible participant
- May be made at any time when discovered.
- Failure to follow a procedure contained in the terms and conditions of competition
- This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Coaches may **NOT** protest

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
3. Whether a start is fair and legal.



SCVAL
Standards

Boys	2026
100m	11.45
200m	23.78
400m	52.44
800m	02:01.30
1600m	04:31.79
3200m	09:33.37
110HH	16.81
300IH	43.48
Long Jump	19' 11"
Triple Jump	40' 1.0"
High Jump	5' 4.5"
Shot Put	39' 8"
Discus	124' 9"

Girls	2026
100m	13.38
200m	27.31
400m	01:02.57
800m	02:27.52
1600m	05:18.33
3200m	11:23.59
100HH	17.39
300LH	50.14
Long Jump	15' 4.25"
Triple Jump	32' 2.5"
High Jump	4' 8"
Shot Put	28' 6.75"
Discus	88' 11"



2026 Track and Field Rules Changes

3-2-3k (NEW) Permits the Games Committee to determine takeoff board placement in horizontal jumps.

Rationale: The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

3-8-6 Expands the acceptable calibers and provides flexibility for starting devices.

Rationale: Due to increased cost and limited availability .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

4-6-5 Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

Rationale: The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

4-6-6c (NEW) Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

Rationale: No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

6-2-2 NOTES (3) (NEW) Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

Rationale: The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

6-3-2b4(a) Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

Rationale: Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

6-8-6 (NEW) Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

Rationale: The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity—sometimes over an hour—in large competitions. This can be a disadvantage and potential safety concern for athletes entering later. Changing the rule to provide a standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization.

6-9-21 Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

Rationale: The addition of "above ground level" clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5 Incorporates javelin construction specifications into the rules book for clarity and consistency.

Rationale: Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

9-1-1 Adds the 200 meter dash as an option for indoor meets.

Rationale: Adding the option of the 200 or 300 meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

9-6-1 Establishes a standardized 20-meter exchange zone for indoor relays.

Rationale: A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

2026 Editorial Changes

4-3-1b(8), 6-4-2, 9-1-1

Other Changes

Middle Level Recommendations for Aero Javelin

2026 Points of Emphasis

1. Throws Safety – Shot Put, Discus and Javelin
2. Restricted Areas
3. Protest/Appeal Process