

## Post-Season SCVAL Cross Country Meeting 11/20/19

This meeting was held at 6:00PM at Monta Vista Library and ended shortly after 7:00PM.

Attendees:

Nick Bonacorsi-AD Liaison	Michael Davidson-Paly	Stephanie Mackenzie- Los Altos
Kirk Flatow-Monta Vista	Danny Moon-Saratoga	Julie L'Heureux-Santa Clara
Walt Van Zant-Wilcox	Michael Granville-Gunn	Paul Armstrong-Cupertino
Paul Lawryk- Los Gatos	Kenrick Sealy-Homestead	Craig Blockhus-Mt. View
Hank Lawson-Guest	Ri-Chee Chou-Homestead	Jake White-Lynbrook
Ralph Baboing- Milpitas	Yohaness Asnake- Milpitas	

### 1. SCVAL Finals results

Congratulations to **Monta Vista** who won the DAL VB & JVG races, **Homestead** who won the VG & FSB races, **Los Altos** who won the EC VB race and **Palo Alto** who won the EC VG, JVG & FSB races.

Complete team results as follows:

<u>DAL Varsity Boys</u>		<u>DAL Varsity Girls</u>		<u>DAL Fr/So Boys</u>		<u>DAL JV Girls</u>	
Monta Vista	45	Homestead	46	Homestead	33	Monta Vista	21
Lynbrook	54	Monta Vista	55	Lynbrook	35	Lynbrook	59
Homestead	61	Los Gatos	66	Los Gatos	73	Homestead	60
Saratoga	92	Lynbrook	79	Monta Vista	122	Saratoga	113
Los Gatos	122	Saratoga	139	Saratoga	129	Los Gatos	144
Cupertino	155	Cupertino	165	Cupertino	160	Cupertino	-
Fremont	171	Fremont	166	Fremont	164	Fremont	-

<u>EC Varsity Boys</u>		<u>EC Varsity Girls</u>		<u>EC Fr/So Boys</u>		<u>EC JV Girls</u>	
Los Altos	25	Palo Alto	32	Palo Alto	36	Palo Alto	26
Palo Alto	38	Gunn	71	Los Altos	71	Los Altos	58
Gunn	78	Los Altos	76	Mtn. View	74	Gunn	60
Mtn. View	94	Mtn. View	113	Gunn	95	Mtn. View	89
Milpitas	148	Wilcox	114	Santa Clara	143	Milpitas	151
Wilcox	155	Milpitas	128	Milpitas	154	Wilcox	-
Santa Clara	179	Santa Clara	211	Wilcox	163	Santa Clara	-

**Congratulations to the top 3 individuals at SCVAL Finals:**

**DAL Varsity Boys:** 1st Rohun Agrawal (Monta Vista), 2nd Harrison Dance (Saratoga), 3rd Shivam Verma (Saratoga)

**EC Varsity Boys:** 1st Adam Sage (Los Altos), 2nd David Evan (Palo Alto), 3rd Justin Chiao (Gunn)

**DAL Varsity Girls:** 1st Annika Paylor (Los Gatos), 2nd Sylvana Northrop (Monta Vista), 3rd Katherine Hegblom (Homestead)

**EC Varsity Girls:** 1st Lauren Soobrian (Los Altos), 2nd Hillary Studdert (Palo Alto), 3rd Mannat Gill (Milpitas)

**DAL Fr/So Boys:** 1st Colin Stillman (Homestead), 2nd Edward Zhou (Homestead), 3rd Vivek Alumootil (Lynbrook)

**EC Fr/So Boys:** 1st Joshua Gehring (Gunn), 2nd Amir Benhagouga (Los Altos), 3rd Shota Fletcher (Mountain View)

**DAL JV Girls:** 1st Nikhita Saldi (Monta Vista), 2nd Nodaka Shibasaki (Homestead), 3rd Nerea Northrop (Monta Vista)

**EC JV Girls:** 1st Elizabeth Fetter (Palo Alto), 2nd Finley Craig (Palo Alto), 3rd Maia Johnsson (Palo Alto)

## **2. CCS Championships Results**

Congratulations to all SCVAL teams on excellent results at CCS (State qualifiers in bold):

Div 1 Girls: **Palo Alto 1st, Gunn 2nd**, Monta Vista 3rd, Los Altos 4th, Homestead 5th, Los Gatos 6th, Mountain View 10th

Div 1 Boys: **Los Altos 2nd, Homestead 3rd**, Monta Vista 5th, Palo Alto 6th, Mtn. View 10th

Div 2 Girls: **Lynbrook 3rd**

Div 2 Boys: **Lynbrook 3rd**, Gunn 6th

Div 3 Girls: Saratoga 5th

Div 3 Boys: Saratoga 5th

Congratulations to top 10 individual finishers and individual State meet qualifiers (in bold):

Div 1 Girls: **Lauren Soobrian 1st (Los Altos), Oriana Jalal 3rd (Cupertino), Annika Paylor 4th (Los Gatos), Katherine Hegblom 5th (Homestead)**, Riley Capuano 7th (Los Altos), Miranda Jimenez 8th (Palo Alto), Hillary Studdert 9th (Palo Alto), Ella Ball 10th (Palo Alto)

Div 1 Boys: Adam Sage 2nd (Los Altos), **Rohun Agrawal 6th (Monta Vista)**, David Evans 10th (Palo Alto)

Div 2 Girls: **Mircea Kippes 12th (Wilcox)**

Div 3 Boys: **Harrison Dance 1st (Saratoga), Shivam Verma 3rd (Saratoga)**

## **3. League Meets 2020**

We agreed on the following dates and meet directors for the 2020 season:

### **SCVAL #1 Tuesday, 9/22/20 Baylands**

Palo Alto Coach Michael Davidson agreed to direct this meet again. Meet schedule, race distances & duties will be the same as this year.

3:15PM Varsity Boys (10 runners per team)

3:40PM Varsity Girls (10 runners per team)

4:10PM Varsity B Boys (unlimited # of entrants)

4:40PM Varsity B Girls (Unlimited # of entrants)

5:15PM Frosh/Soph Boys (unlimited number of entrants)

### **SCVAL #2 Tuesday, 10/6/20 Crystal Springs**

Monta Vista Coach Kirk Flatow will direct the meet. Schedule same as this year.

2:45 PM Coach & athlete meeting with race director

3:15 PM Boys' Varsity 2 Race (unlimited athletes/all boys not in another race)

- 3:45 PM Freshmen Boys' Race (maximum 10 athletes per school)
- 4:15 PM Varsity 2/JV Girls Race (unlimited number of athletes from each school)
- 4:50 PM Sophomore Boys Race (maximum 10 athletes per school)
- 5:15 PM Varsity Boys Race (maximum 10 athletes per school)
- 5:40 PM Varsity Girls Race (maximum 10 athletes per school)

**SCVAL #3 Tuesday, 10/20/20 Baylands**

Los Altos Coach Stephanie MacKenzie agreed to direct this meet again. Meet schedule, race distances & duties will be the same as this year. See meet schedule above in SCVAL #1.

**SCVAL Finals Tuesday, 11/3/20** (Daylight Saving Times ends on 11/1/20)

Monta Vista Coach Kirk Flatow will direct this meet again. He requested we start the first JVG race 15 minutes earlier to make sure we can finish awards before dark. All coaches agreed. Hank also requested a longer gap between the JVG races for the two divisions to avoid overlap. Here is the 2020 SCVAL Finals race schedule:

<b>EC</b>	<b>DAL</b>
JVG 1:30PM	1:50PM
FSB 2:15PM	2:30PM
VG 3:00PM	3:15PM
VB 3:45PM	4:00PM
VARSITY AWARDS CEREMONY 4:30PM	

4. SCVAL team t-shirts were very popular. Kirk will continue with the t-shirt program. Due to the large number of shirts ordered, the costs came down and a refund will be received for t-shirts ordered this season. This amount will be divided between the teams who ordered shirts and deducted from SCVAL meet fees for those schools next season.

5. Chip Timing will continue next season. Everyone found it easy to manage and it helped with clearing the finish area at races. Kirk Flatow will order the bibs for the league meets for next season which will still be used as backup for the timing chips and make nice souvenirs for athletes.

6. We voted for the Sportsmanship Team award and & Coach of the Year award for each division. Congratulations to Kirk Flatow of Monta Vista who was voted De Anza League Coach of the Year and Michael Davidson of Palo Alto who was voted El Camino Coach of the Year. Congratulations to the two teams winning the Sportsmanship Team award: Gunn High School for EC division and Monta Vista for the DAL division.

7. We briefly discussed the issue of CCS divisions and the difficulty in some divisions to qualify to the state meet. There was discussion of changing the way state meet spots are allocated or changing our divisions at CCS to align with CBEDS of southern section schools. No consensus was reached to this complex issue although most agree it's not perfect.