

SCVAL #1 @ Los Altos Sat. Feb. 20th

Host School: Los Altos High School
Head Coach- Steph MacKenzie 650 605 7188
Athletic Director- Michelle Noeth

Location: [Los Altos High School, 201 Almond Ave, Los Altos 94022](#)

Full Schedule with Wave Start Times: [SCVAL Saturday Meets Schedule 2021](#)

Mask policy: Everyone on campus must wear a mask at all times. The only exception is that runners may remove their mask once the race has started but they must keep it with them and put it on immediately after finishing.

Drop Off & Parking Information

Please drop athletes off in the drive thru lane at the front of the school on Almond Ave.

Parking is available in the main parking lot on Almond Ave in front of the track.

Street parking is also available on Jardin Ave on the far side of the campus. Please note, you can not enter or exit the campus near the tennis courts on Jardin Ave because it will be blocked off for the race. Parents will need to drive around to the main parking lot to pick up athletes after their race. It's a long walk around.

Buses may drop off in the drive thru lane and then park in the bus lane of the main parking lot.

If your bus driver prefers to unload athletes in the main parking lot or if your students drive themselves and park in the main lot, **please make sure they walk along Almond Ave to enter the campus near the drive thru lane to the entrance marked on the map.** This is to prevent them from interfering with the race and crossing paths with athletes who may have finished their race and are exiting to the parking lot.

Coaches parking is available in the smaller administration parking lot on Almond Ave opposite Gordon Way.

Pick Up Instructions

Athletes should be picked up in the main parking lot on Almond Ave near the track.

Entrance and Exit routes are separate on purpose so please make sure you go in and out at the correct location as marked on the map.

Arrival Instructions

Teams can arrive one hour before the start time of their first wave and enter the staging/warm up area when the previous two teams have cleared out.

If anyone arrives too early and the previous two teams have not moved into the stadium, we will have a designated waiting area in the front of the school near the administration offices. This is marked on the bottom left corner of the map.

Coaches & volunteers should visit the check in table in the quad to pick up maps, schedules & race packets.

Please ask everyone to use their phone camera to scan the QR code that will be posted all over the quad. You do not need to download a special app. We would like to have a record of when everyone is on campus and when they leave to help with any possible Covid tracking. There will be QR codes also posted in the stands to check out before you leave.

Warm up and Staging

The quad will be divided into two areas for teams to place their belongings during warm up.

There is a 400m loop that can be used for warm up around the classrooms and through the quad. There is also space in the quad and on the side driveway to do drills. Please do not warm up in the neighborhood as we want to keep everyone happy!

Make sure athletes do not wander away to watch the previous race or go far from the quad. Once the stadium is empty, we will need to quickly gather all belongings and move everyone into the stadium.

Coaches are responsible for supervising their teams in the quad and moving them into the stadium when directed by the meet director.

In the Stadium

Place belongings in the stands and move to the track quickly to complete strides and line up in waves. We will divide the stands into home and away bleachers. Each team can do their strides on the side of the track closest to their bleachers.

Coaches should assist with organizing their athletes into the correct waves and lining them up behind the start line in the shot put area.

There will be space around the turf and some outer lanes of the track for athletes in later waves to complete their warm up. The start of the race will use lanes 1-4. Then lanes 6-8 will be used in the second half of the race. Please ask teams to keep separate during their warm ups & strides.

Please tell athletes to keep far away from all timing equipment, cameras and cables. Do not try to jump over any cones to get to the start line. Timing equipment will be in the throwers cage, please walk around behind it.

As soon as runners cross the finish line, they must put their mask on and they will be directed to the lane of turf between the finish chute and the track. When the track is clear, they can cross to the stands to pack up their belongings.

Runners in early waves may cool down safely within the track area only but must keep out of the way of runners in later waves. Runners in the later waves may not have time to cool down as they must exit the track by the designated time so the next dual meet may begin.

Coaches are responsible for making sure their athletes exit the stadium as quickly as possible.

Please have everyone scan the QR codes on the stands on their way out.

Exit the track at the gate nearest the course finish line and head directly to the parking lot.

No Spectators

Due to the social distancing and covid guidelines, we will not permit spectators at this meet.

We know how hard it is for parents to not be able to watch their children race but we are doing everything possible to make sure this meet is safe and successful so that we can have more. Thank you for your cooperation with this policy.

There will be an official photographer on site to take photos.

Bathrooms

We will have two bathrooms open near the warm up area as marked on the map.

The bathrooms at the track located near the track start/finish line and the 900 block bathrooms will also be open only for the teams that are currently racing.

Team names will be posted on their assigned bathroom doors.

Custodians will be on site to restock and clean throughout the day.

Schools will be charged a cleaning fee.

Bathrooms will be monitored so students enter one at a time.

Coaches Checklist

- Bring hand sanitizer for your team. Course host will have backup masks at the finish line.
- First aid kit for your team
- Chips & Bibs unless picking up at race
- Please bring your own safety pins for bibs.

- Team tents will not be used. Due to social distancing rules we can't huddle under them and we need to move from the staging area to the stadium quickly. If it's raining there are plenty of covered areas for kids to place bags but we don't have shelter for people. Make sure they dress for the weather.

Course Map and Description

Here is the [course map](#)

Course Monitors: to be assigned this week. Please check in at the registration table in the quad on arrival. Here are the [directions for course monitors](#).

Detailed course description

- Angled start across football field, run across the big eagle to the 100m mark on the track.
- Turn left onto the track and run 300m around the track in designated lanes (1-4)
- Exit track through gate just beyond the usual Track start/finish line
- Turn left onto the edge of the soccer field and head directly for the gate into the baseball field. KEEP LEFT
- Run around perimeter of the baseball field and KEEP LEFT to exit through same gate in opposite direction.
- Run around the perimeter of the soccer field and exit left to the paved area.
- Run along paved section behind the bleachers and turn right into the first lane of the main parking lot. This lane will be blocked to cars.
- Enter the track area through the gate at the end of the parking lane
- 1 mile mark is exactly when they step onto the track
- Run in lanes 6-8 clockwise and exit the same gate as in loop 1
- Repeat the main loop of the course.
- 2 mile mark is just as you enter the curve of the track near the high jump area.
- Once past the cones, you may cut into lane one to run the rest of the curve and turn right into finish chute when indicated by a small row of cones on the rail.
- Run through the finish line over both timing mats and put your mask on.

Scoring

Top 6 boys = Varsity Boys, Top 6 girls = Varsity Girls, Next 6 FSB = FSB, Next 6 girls (any grade) = VG2

Hank will have a link to results on [his site](#). Just VB & VG will be scored initially but all the data will be there.

Schedule for helpers:

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Enter staging/ warm up area	Start of first wave (move to stadium when clear)	Last runner finished by	Exit stadium before (15 min after last runner)	Team 1	Team 2	Team 3	Total # Runners	# of waves
7:45 AM	8:44 AM	9:11 AM	9:25 AM	Wilcox	Cupertino	Santa Clara	53	3
8:30 AM	9:31 AM	10:22 AM	10:37 AM	Lynbrook	Los Gatos		95	5
9:40 AM	10:42 AM	11:12 AM	11:32 AM	Fremont	Milpitas		73	4
11:05 AM	12:06 PM	12:57 AM	1:12 PM	Homestead	Monta Vista		82	5
12:15 PM	1:17 PM	2:08 AM	2:23 PM	Gunn	Paly		86	5
1:30 PM	2:28 PM	3:22 AM	3:42 PM	Mtn View	Los Altos		112	6

Coaches Jobs(to be assigned this week)

Course set up: Los Altos

Meet manager: make sure two teams know when to move from staging area to stadium

Wave stager: help get the athletes in appropriate waves at the start and keep them distanced

Starter: line up athletes and start the race

Official Timer: start official clock and record each wave delay

Mat Monitor: finish line helper to make sure mats are flat

Finish chute helper: clear finish area and keep athletes away from backup video camera

Bathroom Monitors

Bleacher monitors

Volunteer Coordinator

Parking Lot Management

Sent: Wednesday, February 17, 2021 11:35 PM
Subject: more details and answers to commonly asked questions
A few details I've been losing sleep over...

Parent volunteers:

Please continue to recruit parent volunteers and add their names to the second tab of the planning spreadsheet. It's best if the teams competing provide the course monitors and bathroom monitors for covid reasons. If you have injured athletes that want to come they could also do a course monitor job. Please let me know if you can not fill all 4-5 spots you were assigned, other schools may have parents who want the opportunity to help and watch the race.

I'm asking them to check in at the registration table in the quad at the same time as athletes from their school. This will give us time to explain their role and show them the map. They can help the coaches supervise the students in the warm up area and drop off lane until it's time to move to their course monitor positions. They will only be helping during your team's race.

Volunteers can check out at the volunteer check out table in the parking lot area.

Bathrooms:

We will have two bathrooms open in the warm up area and two bathrooms open near the track. Your team will be assigned one in each area. Once you leave the warm up area, you can only use the ones near the track. I will put the team name of each school on the bathroom door that they have been assigned and I've marked them on this [updated map](#). My principal wants the custodians to clean bathrooms in between duals so time will be tight. I added tab 3 with the [bathroom assignments](#) for each team.

Bathroom monitors will move with your team from warm up area to racing area and switch bathrooms at that time.

The tri-meet is a little different because They go first. They can actually warm up on the course so will be assigned the two bathrooms at the track and one other for their whole time there.

We will have a staff bathroom open for coaches.

Entering & Exiting:

***Make sure athletes are dropped off only in the drive thru lane and picked up only in the main parking lot. This is how we are preventing the incoming and outgoing teams from crossing paths.**

If some teams athletes arrive before they are permitted to enter the quad, they will wait in the area marked on the map by the small administration parking lot.

After the race, runners ideally pack up their stuff right away and leave. It's best if they don't use the bathroom after the race except for an emergency. Definitely no going there to change. Throw on your sweats and exit the stadium.

Please mentally prepare the athletes to not be able to cool down. For the races where there are 5 or more waves. It's possible the fast runners in waves 1-3 will have a bit of time to cool down because there is a ten minute delay to wave 4 start. But they will be restricted to the turf and track area and must keep away from waves 4-6 as they prepare.

Wave staging. If there are more than 4 waves. Keep waves 5-6 runners in the outer lanes of the track or in the stands until all those waves have launched. Then they can move to turf to finish strides before the race

I'm sure I'll think of more soon.

Steph