

SCVAL #3 @ Homestead High School Sat. March. 6th

Host School: Homestead High School @ 21370 Homestead Rd, Cupertino, CA 95014

Homestead Head Coach:

- Kenrick Sealy kenricksealy80@hotmail.com (408) 410-7654

Acting Team Managers:

- Thomas Clarke thomasclarke01@gmail.com (650) 704-3225
- Bill Lin billlin32@gmail.com (408) 806-2788

Full Schedule with Wave Start Times:

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2020/time-3.pdf>

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 quickly in the student parking lot area on Homestead Ave as indicated on the map. Entrances to other parking lots will be blocked off for the race. This is a sharp right turn for Buses, so it's recommended to drop off athletes on Homestead next to the parking lot then proceed to the Meet Up Area as marked on the map.

Volunteer & Coach Parking Only is available in the Student Parking Lot on Homestead Avenue (same as the drop-off).

Pick Up Instructions

Athletes should be picked up in the Student Parking lot on Homestead Avenue where they were dropped off. Please be careful to enter and exit the parking lot according to the signs.

Arrival Instructions

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

We will have a Homestead Coaches and Acting Team Managers managing the team traffic flow and crowd size.

Coaches & Volunteer Check-In

- Check-In Area in the student parking lot
- All coaches and volunteers need to check in
- Volunteers will be given a name tag and then deployed to their assignment

Warm up and Staging

Once athletes get dropped off, they will be directed by a Homestead Monitor to the Warm-up area as marked on the map.

Coaches are responsible for supervising their teams in the quad and moving them into the stadium when directed by the Homestead Official at the Warm-up site.

In the Homestead Track 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. A Homestead Monitor will direct each team to their side of the stands.

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

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.

As soon as runners cross the finish line, they must put their mask on and they will be directed to then briefly recover in the middle of the football field. 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.

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 three sets of bathrooms open all marked on the map (field house, track bathroom by the starting line, in the quad). Athletes are allowed to go 'one at a time' in the bathrooms.

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

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

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

Course map (see link and attachments)

Course Monitors: to be assigned this week. Please check in at the registration table at the Check-in on arrival. Here are the directions for course monitors. (Map showing volunteer stations attached)

Scoring

Top 5 boys = Varsity Boys, Top 5 girls = Varsity Girls, Next 5 FSB = FSB, Next 5 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.

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2020/time-3.pdf>

Volunteer Assignments

Location	Description	Action
A	Exit stadium to behind bleachers	Exit track to behind bleachers
B	Exit bleachers to softball fields	Make sure runners make turn behind bleachers
C	Enter into softball field	Make sure runners turn into baseball fields
D	between softball and baseball fields	Make sure runners stay on fields
E	Continue on route 1 around baseball fields	Make sure runners stay on baseball fields
F	Faculty parking lot #1	Direct runners into staff parking lot
G	Faculty parking lot #2	Direct runners to continue out to Homestead Road
H	Corner of Homestead and Mary	Direct runners to turn onto Homestead Ave
I	Corner of Homestead and Service Drive	Direct runners to turn back onto campus from Homestead Ave
J	Service Road near entrance to track	Left turn towards the track
K	Near baseball fields -U-Turn	U- turn back towards track
L	Near softball fields	Direct runners back towards the track
M	Ramp up into stadium	Direct runners up the ramp into the stadium
N	Merging of all runners back onto track	Avoid collisions from merging runners
O	Finishing straight	Guide runners toward finish line on the track