

Hello SCVAL Cross Country Coaches.

The 4th SCVAL XC meet is all set to go at Gunn High School on March 20th.

- [Here is the main meet information](#) (thank you Steph MacKenzie for giving us a template to reuse!)
- [Gunn HS Information Map](#).
- [Course map with some written details](#). Note that the course is really 2.18 miles. I have measured on Strava and just used the measuring wheel this morning.
- The course is relatively easy to follow and will be well-marked on the day of the meet.
- There are members of the public using the bike trails and Bol Park. There will be signs posted at the park to inform people that a cross country meet is taking place.
- There will be a bike to lead the first wave in each race, and also to clear the way of anyone who might need a warning that hundreds of runners are coming.
- Our fearless golf cart driver, Hal Daner, will be patrolling the course. Watch out!
- We will not be asking for parent volunteers for this meet
- Spectators ARE allowed, but must enter and exit with the team they are supporting, wear a mask at all times, and be socially distant from others. They should also remain off of the course.
- Please get your wave entries to Hank before noon on Wednesday.

It should be a good meet! See you all soon.

Jonathan Hubbs
Gunn High School Cross Country