

hank lawson

From: "Kirk Flatow" <kirk.flatow@gmail.com>

Sent: Saturday, October 30, 2021 12:34 PM
Subject: SCVAL Championship Waves (and a couple other things)
Coaches,

It looks like everyone has made initial entries for the SCVAL Championships. While you can still make changes and updates to the entries, I feel like we know enough to make a determination about wave starts.

In summary, we will have two waves for the varsity boys' races and one wave for all the other races.

Please remember that you still need to enter every athlete who is running on Tuesday in the proper group so they are scored correctly.

Here are the details in race order:

JV Girls/DAL: 68 athletes in one wave.

JV Girls/EC: 66 athletes in one wave.

FSB/DAL: 76 athletes in one wave.

FSB/EC: 121 athletes in one wave (this is the closest to the maximum of 125 athletes in one race we had agreed upon. I am sure there will be some DNS athletes so I believe we are safe to plan on one wave).

VG/DAL: 49 athletes on the starting line and 24 Varsity-2 athletes starting at the same time 3 meters behind the starting line.

VG/EC: 47 athletes on the starting line and 7 Varsity-2 athletes starting at the same time 3 meters behind the starting line.

For the varsity boys, both leagues have less than 125 athletes in total so we could safely start all the boys in one wave. The concern could be that some of the Varsity-2 boys could catch some of the scoring varsity boys, and this could have an impact--either through crowding, or not knowing what place some of the slower scoring athletes are actually in. So, for now, I am planning on a second wave of 47 for DAL and a second wave of 68 for EC (these numbers are substantially higher than the number of V-2 girls). However, if four schools in any league would rather eliminate the second wave, I am open to the change. Please email Hank and I if you would like to propose a single VB start wave for your league.

VB/DAL: 49 athletes on the starting line and 47 in the VB-2 wave one minute later.

VB/DAL: 48 athletes on the starting line and 68 in the VB-2 wave one minute later.

Other updates:

- Peter Tapia will not be providing medical support at our meet. Medical support will be provided by the sports trainers from Fremont and Monta Vista high schools (thank you!).
- The meet shirts have arrived! I will have your school's shirts bundled for you at the meet. Everyone has paid me for the shirts except Fremont, Gunn, and Los Altos. If you could bring your checks I would appreciate it!
- I still have not received payment for the Preview meet from Saratoga, Fremont and Santa Clara (Julie, I know the situation, don't worry).

I will probably send out one more set of reminders.

See you Tuesday!

Kirk

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Kirk Flatow
Head Coach, Track & Field/Cross Country
Monta Vista High School, Cupertino, CA
CCS Cross Country Honor Coach
USATF Level 3 Endurance Coach
IAAF Level 5 Endurance Coach
coachflatow@gmail.com
www.mvrunning.com

**I have a *feeling* that tomorrow will be better is quite different from
I *resolve* to make tomorrow better. -Angela Duckworth**

SCVAL CHAMPIONSHIPS

Tuesday, November 2, 2021

Schedule:

Coaches' Meeting at 1:15pm

RACE SCHEDULE

	DAL	EC
JVG	1:45PM	2:00PM
FSB	2:30PM	2:45PM
VG	3:15PM	3:30PM
VB	4:00PM	4:15PM
VARSITY AWARDS CEREMONY		4:45PM

JVG/FSB Awards before the corresponding Varsity race (EC JVG awards before EC VG, etc.)

Entries on Athletic.net:

We will use athletic.net to enter athletes in to the Championships. The deadline to enter your athletes is 12:59PM on Saturday, October 30 to allow waves to be set if necessary.

Varsity races are limited to seven entries. The Frosh-Soph boys races are set up to have a maximum of 15 athletes per school in the first wave and all remaining athletes in a following wave. Seniors may not be entered in the JV race. If after all entries have been made only one wave is deemed necessary, the waves will be combined (additional athletes non-scoring).

Starting Waves

- Varsity Races: There will be a scoring (Varsity) and a non-scoring (Varsity-2) wave for both the VG and VB races. There will be a maximum of 7 runners per school in the scoring wave.
 - The non-scoring 2nd wave of each of the varsity races will start 1 minute after the first heat. Alternatively, if the 2nd wave is small, the non-scoring wave may be started at same time upon vote of the coaches in that division; the non-scoring runners will start 3 meters behind the first wave.
 - Coaches must designate runners in the scoring and non-scoring heats when entering athletes on athletic.net.
- Junior Varsity Girls/Frosh-Soph boys races: There will only be two waves if the number of entries makes a single heat unsafe in the judgment of the meet director, or if a majority of coaches in the division request two waves.
 - If the total number of athletes in a race is expected to be over 125, the relevant coaches will be polled by email and if four schools request two waves, then we will run two waves. **If there is no email response from a school, the lack of response will be considered a vote for a single**

wave.

- If there is a single wave, any entries in the second wave will be merged with the first wave, all will start together.
- If there are two waves, the 2nd wave will start 1 minute after the first wave, and will be non-scoring.

Changes to course rules and administration:

Please read the Race Directors and Coaches Handbook 2021 for Crystal Springs. In particular, pay attention to the fines that will be imposed upon schools for certain rule violations, including:

- Double parking of cars or busses to drop off athletes (even for an instant)
- Athletes departing and waiting for rides on the street without supervision of their coach
- Trash left on the course
- Trash left in the Hallmark Park containers or the street
- Trash left in the recycling container, or recycling left in the trash container

There are also new requirements to designate an Adult Safety Coordinator and a Course Rules Director.

Directions for drop off for busses and for cars, and athlete behavior, is very specific so please, please be sure that your athletes and drivers are aware.

School job assignments have been modified so that we can pay attention to these areas of focus, avoid any fines and support our continued use of the Crystal Springs course.

SCVAL Championship Assignments 2021:

Job assignments are subject to change by meet director at any time prior to the meet.

Meet Director

- **Monta Vista**

Awards Presentations/Results Posting

- **Monta Vista**

Bob Rush Sportsmanship Award Judging

- **Hal Daner, Monta Vista**

Hand Timing Finishers After Clock Shut Off for Next Race

- **Wilcox**

Adult Safety Coordinator

- **Monta Vista**
- Observe competition and inform trainer, affected coach and race director if they may have an athlete in medical trouble.
- Support EMT during the meet (coordinate sweeper, talk to parents, track

insurance cards, etc)

Course Rules Director

- **Los Altos**
- Observe the race area and report to the Race Director any rules violations for action such as dogs, bikes, drones, rock throwing, football, or soccer like games. Schools associated with these violations shall be subject to fines and disciplinary actions.

Check In

- **Wilcox**
- Check for hard copy of insurance cards
- Verify that medical kit is present and complete
- Have coaches sign CSM register page
- Pass out bibs

Starter

- **Santa Clara**
- Includes getting the stopwatch with elapsed time from gun to the timer

Street Management: Before The Race

- **Gunn** (can stop 15 minutes before first race)
- Ask vehicles not to double park when loading and unloading athletes.
 - Vehicles should continue down the road until there is space to pull completely to the curve.
 - These are distance runners they can walk a bit!
- Double parking, even for an instant to drop off athletes, is a point of emphasis to accommodate neighborhood complan
- Ask athletes to not cut across lawns—stay on the concrete.
- Police will be present also, you can ask for help if there are any issues with drivers.

Street Management: After The Race

- **Lynbrook, Homestead**
- Athletes may not wait on the street for their rides. They should wait on the course or in Hallmark Park until their rides arrive. Direct athletes to leave properly.
- Athletes boarding busses should be in a group with their coach and proceed directly to the bus.
- Ask vehicles not to double park when loading athletes.
 - Vehicles should continue down the road until there is space to pull completely to the curve.
 - Double parking, even for an instant to drop off athletes, is a point of emphasis to accommodate neighborhood complaints
- Ask athletes to not cut across lawns—stay on the concrete.
- Police will be present also, you can ask for help if there are any issues with drivers.

Hallmark Park Management: After The Race

- **Fremont**
- Athletes should wait in Hallmark Park, not the street, instead of on the street. Check with athletes and make sure they know that rides have arrived and if not, wait in the park.
- Trash should not be left in the Hallmark Park receptacles, ask people to please pack it out if they have trash with them.

Finish Area -- Flushing

- Recommend **two** people from each of the schools that are responsible.
- Please arrive on time!!! Your meet director stresses out with no one there.
- Help direct kids out of the finish area and assist them if necessary.
- Keep spectators and coaches out of the finish area
- As needed, get medical attention for athletes
- People doing this job should be coaches or forceful, vocal parents—not people just watching and talking softly!
- JV Girls and FS Boys races: **Mt. View, Saratoga**
- Varsity Boys and Varsity Girls races: **Cupertino, Palo Alto**

Judge Last 100m or so of the course

- **Hal Daner (Gunn) if available**
- Having Hal in the finish area helps the meet director relax a bit!
- Make calls for interference, note other issues and let meet director know of any problems
- Coaches: Please give Kirk Flatow feedback about whether a judge is desired at Finals.

Sweep Last 1000m of course after each race, send all clear to EMT/Adult Medical Coordinator

- **Los Gatos**

Results Posting and Awards

- **Monta Vista**

Important Notes For Coaches:

There will be no cost for admission to the League Championship Meet for this season only (due COVID and avoiding crowding etc. at the gate).

- **Neighborhood support, and minimizing annoyance to the neighborhood**, is critical for us to continue to be able to use Crystal Springs. Emphasize to your drivers and athletes:
 - Double parking 'just for a second to drop off my kid' is **unacceptable**. All drivers should continue until they find a place where they can pull to a curb and park without having any impact on traffic.
 - Do not block any driveways at any time.
 - Walk on the sidewalks, not grass, not the middle of the street.

- Wait for your ride in Hallmark Park, not in crowds on the sidewalk or street.
- If Belmont Police or any parking guide gives a request, please comply without arguing.
- Be friendly to the people who live on Hallmark Drive...say good afternoon, tell them how happy you are to be there...don't get in their way as they get home from work or leave to go to the grocery store or whatever.
- Notes about trash disposal below are important. Crystal is a wonderful resource and taking care of this course is important. **CSM will charge a school a substantial fine for trash left in the wrong receptacle or in Hallmark Park**—and frequently the trash can be traced to a specific school because of a bib or something else left by an athlete. So please emphasize with your team and your parents that every bit of trash is cleaned up and properly disposed of—and particularly not left in the trash bins at Hallmark Park.
- Please remind your athletes when they finish they should quickly exit the finish line area with minimal drama! Keep jogging after the finish and leave the finish area. They can then collapse!
- Trash bags will be given to each team's coach at check-in. Each team is responsible for clean up of the team's area.
 - **DO NOT dump any trash in Hallmark Park. All trash must be packed out and brought home or put in the dumpster. DO NOT let your kids or parents dump trash in Hallmark Park as they leave the course.**
- Keep the course clean! Certainly we expect each team to clean up their area, **but cleaning up any trash over the entire course is an even better idea.** It is a privilege to have this course to compete upon. Let's all take care of Crystal Springs!
- **All recycling should be brought home and recycled.**
 - There is a recycling bin but it is easier on everyone to pack out our recycling.
 - We will go through the dumpster after the race and look for cans and plastic bottles. Course management is doing the right thing to ensure the best treatment of the course and our planet. Seriously, pack out your recycling, it's good for the earth, good for the course, good for our league and good for Bob!
- **Hard copy** of medical cards and first aid kits to be shown by each team at check-in before you receive your bibs.
 - You must have medical kits and **HARD COPY** medical/insurance releases for all athletes before you pick up your teams' bibs. **NO EXCEPTIONS**, without hard copy of your medical releases, your kids are not running at Crystal. A phone with access to on-line records is not acceptable by Crystal Springs course management, there is nothing that SCVAL or the SCVAL meet director can do about this. No phone calls from a principal, A.D., etc. will be acceptable.
 - As a group, coaches decided at the 2017 SCVAL pre-season meeting that each team would leave a copy of their package of medical cards/forms with meet management at check in. These copies will be left in the timing shed and coaches can pick this up at the end of the meet.
- Make sure kids and parents know:

- No dogs.
- No throwing of anything (rocks, Frisbees, freshmen, footballs...)
- No bicycles.
- No warming up on the course after the first race starts.
- While waiting for a ride home, please wait in Hallmark Park and look for your ride, please do not wait in the street or sidewalk.
- Stay off yards on entering and exiting the park, polite to neighbors, etc. I always think we are pretty good here but I guess if I were a neighbor and kids walked across my yard I'd be upset--I can't imagine it happens much but let's remind the kids.
- **Remind your parents NOT to call 911, contact the emergency contact person (Mrs. Flatow) or the EMT/Peter Tapia on site.**
- Review the Crystal Course Handbook!