

CRYSTAL PREVIEW

SCVAL Meet 2/Tuesday, October 5, 2021

Schedule:

2:45 PM All coaches and all athletes will report to the area in front of the timer's building for a presentation on Crystal Springs rules and regulations. **This meeting is a requirement for each league at the first meet of the season.** Race Director to present.

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)

Changes to course rules and administration:

Coaches, please read the new 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.

Entries:

So long as athletes have chips assigned from Hank Lawson, athletes only need to show up and run in the race you have assigned. Bibs should match the chip assigned. If the athlete has not been assigned a chip, use one of your ten extra chips and let Hank know the name, gender and year in school. Bibs can be picked up at check in.

Crystal Preview Job Assignments 2021:

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

Meet Director

- **Monta Vista**

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 per school.
- Please arrive on time!!! Your meet director stresses out.
- 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!
- Boys Varsity 2, Freshman Boys, and Varsity 2 Girls races: **Mt. View, Saratoga**
- Sophomore Boys, 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 800m of course after each race with walkie-talkie, send all clear to EMT/Adult Medical Coordinator

- **Los Gatos**

Important Notes For Coaches:

- **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. **Pack it in, pack it out is the best strategy.** Crystal is a wonderful resource and taking care of this course is important. **Each school will be charged 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.
- The cost for each school is \$350.
 - Checks should be made out to **Monta Vista ASB** and mailed to Monta Vista or given to the meet director.
 - Please note that although this is a Monta Vista ASB account, no money is transferred to Monta Vista XC. Any money received will be used for an SCVAL meet. If there are any excess funds, they will be used for an SCVAL XC meet or used to reduce the cost of a meet in the following year.
- 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!

INVOICE FOR CRYSTAL PREVIEW: SCVAL XC LEAGUE RACE

\$350

Please make check payable to **MONTA VISTA ASB**

Bring check to the race or mail check to:

Monta Vista High School ASB
Attention: Cross Country/Coach Kirk Flatow
21840 McClellan Road
Cupertino, CA 95014