

SCVAL #3 at Baylands Park, Sunnyvale

Date: Wednesday, October 18, 2023

Meet Director:

Los Altos, Steph MacKenzie

stephmack75@gmail.com, 650 605 7188

Meet Schedule

3:45PM Varsity Boys (10 runners per team)

4:10PM Varsity Girls (10 runners per team)

4:40PM Varsity B Boys (unlimited # of entrants)

5:10PM Varsity B Girls (Unlimited # of entrants)

5:40PM Frosh/Soph Boys (unlimited number of entrants)

Duties For The Meet

Starter - Santa Clara

Backup Timers - Gunn & Cupertino

Mat monitors - Milpitas & Homestead

Finish Line (athlete support & clearing runners) - Mt. View, Fremont, Palo Alto

Timing/Scoring - Hank Lawson

Set Up Course - Los Altos, Lynbrook, Saratoga

Turn Directors

Point A - Runners pass 3 times (Wilcox)

Point C - Runners pass 3 times (Los Altos)

Point D - Runners pass 4 times (last time just before sprinting for finish) (Monta Vista)

Point E - Runners pass 2 times (Los Gatos)

Point F - Runners pass 1 time (Saratoga)

Point G- Runners pass 1 time (Palo Alto)

Important Notes

- No dogs are permitted at this park
- There will be an EMT on site near the finish area
- Please leave the geese and other wildlife alone
- Please be vigilant about picking up loose trash so it doesn't blow into the bay
- Entry fee for cars is \$6 per car
- Buses are no longer permitted to remain in the parking lot due to construction equipment.
- Portable garbage and recycling containers will be placed near the finish and near team areas.
- Do not use the regular trash cans at the park or we may be charged a dumpster fee. We will give each team a trash bag, please use it and take it back on the bus with you.
- **Please empty ice and water into the drains near the picnic areas, not onto the grass.**
- Sunnyvale employees will be there to supervise us. So, if he/she gives you a reasonable order, please comply.
- Vehicles are not allowed off the asphalt roadways or parking lot areas. This includes deliveries and set-up/tear-down vehicles.
- No stakes are allowed to be driven into the ground.
- No tents are allowed as per the fire marshall.
- No small flags may be placed on the course to help guide the runners.
- Encourage athletes to use the portable restrooms provided and leave the park restrooms for other park users. Coaches please check the bathrooms from time to time to make sure they are being kept clean.
- Please do not use the playground equipment.
- Water bottle fill stations are available near the restrooms.

INVOICE

SCVAL MEET #3 @ SUNNYVALE BAYLANDS

WEDNESDAY OCTOBER 18, 2023

Meet Invoice Amount: \$290.00

Cupertino, Fremont, Gunn, Homestead, Los Altos, Los Gatos, Lynbrook, McDonald, Monta Vista, Mountain View, Palo Alto, Santa Clara, Saratoga, Wilcox.

*** MacDonald reduced amount: \$140.00**

PLEASE MAKE CHECKS PAYABLE TO **LOS ALTOS HIGH SCHOOL**

Mail checks to:

Los Altos High School

Attn: Athletics

201 Almond Avenue

Los Altos, CA 94022

5000 METERS



5k Course Map

Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish