

2024 SCVAL Cross Country Pre-Season Meeting, 8/16/24, 6:30pm, Saratoga HS

_Introductions/roll call Paul A

_ Additions to the agenda Paul A.

_ Julie - Track

_Rick Ellis - Saratoga, AD Liaison - admin issues

_Rosters and Timing Chips Hank

_Review Handouts Paul A

_CCS meeting: Paul A

_Crystal Springs: CCS meet, Championship Schedule, Crystal Springs neighborhood,
New gate (St. James) - Sheep Camp Trail

Hosting meets:

EMT and/or trainer for all of our meets.

Any changes needed from last year?

_State meet 11/30/24, schedule TBA

_Training Safety -reminders

_Fremont Firebird ? Alejandra or Adam

_Lynbrook Center Meet & Lynbrook Invite 10/31/24 ? Bernie

_Baylands #1 Tuesday, 9/24/24 Michael (Palo Alto)

_SCVAL Preview Tuesday, 10/8/24 Mountain View & Fremont

_Baylands #3 Tuesday, 10/22/24 Steph (Los Altos)

_League Championship Tuesday 11/5/24 Mountain View & Fremont

_Gate charge Paul A

Lynbrook

_Handouts and link:

_CCS Agenda:

Championship Schedule, Crystal Springs neighborhood,

_CCS Sanctioned events

_CCS Cross Country Bylaws 2025-25

_2024 CCS Cross Country At-Large-Times

_2024-25 CCS Conference and League Alignment

_2024 CCS Cross Country Division placement

_2024 State division entries by section

NFHS rule changes 2024: Nothing relevant to XC.

Any additional business? [Wet bulb](#)

Attached are the handouts from the CCS meeting on August 14th :

[CCS meeting agenda](#)

[New CBEDs](#)

[CCS at-large-times](#)

[League alignments](#)

[CCS cross country bylaws](#)

[CCS sanctioned invitationals](#)

[State team entry numbers by section and division](#)

~~Crystal Springs schedule~~ Not available yet.

Additional handouts:

[SCVAL 2024 schedule](#)

[SCVAL XC Bylaws](#)