

Minutes of the SCVAL 2018 Track Preseason Meeting

Meeting was called to order on Tues., Jan. 16 at 4:04pm at Santa Clara High School.

Handouts

Schedules, NFHS Major Rule Changes, Sanctioned Tournaments, CCS Track Bylaws, SCVAL By-laws, Shot Put Instructions, all CCS Handouts from CCS preseason meeting sent by email.

Attendance

The following coaches were in attendance: Julie L'Heureux (SC), Hank Lawson (website), Mark Shields (F), Paul Armstrong (C), Jake White (L), Bernie Ramos (L), Paul Lawryk (LG), Walt Van Zant (W), Kenrick Sealy (H), Ri-Chee Chou (H), Curtis Liang (G), Gerri Baldwin (LA), Scott Ishizaki (Mt.V), Michael Davidson (PA), Bridget Hall (M) and Rick Blomquist (MV). Saratoga was not there.

Athletic Director Liaison

Curt Johansen – Gunn

League Representatives

Julie L'Heureux (SC) – El Camino Rep.

Since Ernesto Salinas has left coaching, Curtis Liang (G) was appointed the new De Anza Rep.

Misc.

2017 Postseason Minutes have been posted.

Update on Steve Filios: He is doing fine and in remission.

Hank Lawson is willing to train people on Finish Lynx. He will be cutting back on the number of meets he will time next year. He will still time League Trials/Finals and SCVAL Championship Meets.

Schedules and Start Dates

The start date for track is Jan. 29.

First Scrimmage date is Feb. 12, 2 are allowed.

Team rosters should be submitted to athletic.net by Friday, March 2 at 11:59pm.

By-Laws Update

The current By-Law version is May 2017. Here are the new By-law changes:

Article III - Section 1& 1.1 combined, Section 2.6 – Adult Supervision added

Article IV – Section 1 – start time changed, Section 1.1 – change of schedule submittal

Article V – Section 1 – clarification, Section 13 –added start times for Divisional meets

Article VI – Section 6 & 7 added start times/ locations

Article VII – Section 4&6 – follow CCS/State order

SCVAL Constitution

There will be a charge gate at the Division Meets and SCVAL Meet: \$6 general, \$3 students, senior citizens and children 6-12, children 5 and under are free.

CCS Meeting

The Semifinals will be Sat., May 19. Tentative start time for running events is 11am, 10am for field events. The Finals will be Fri., May 25 with field events starting at 4pm and running events at 6pm. The official times will be posted in the Participation Bulletin in April.

The CCS Semifinals and Finals will be held at Gilroy High School.

The SCVAL has 6 entries for both boys and girls to the CCS Semifinals.

There will be an entrance fee charged for CCS Trials and Finals. It will be \$10 general, \$5 for students, senior citizens and children 6-12, children 5 and under are free. Parking is \$5. Competitors and 5 coaches per school will be admitted free. Coaches working as officials can be placed on the officials list for free entry and parking.

Coaches can print CCS participation certificates for their athletes and coaches. Go to the CCS T&F site and click on playoff information. It is no longer a secure site, so anyone will have access to the certificates.

T-shirts will be available at least 5 days prior to the Semifinals at the CCS office. Other souvenirs will be sold at the meet. Credit cards will be accepted at meet site only, not CCS Office. CCS office has a new location: 333 Piercy Rd., San Jose, CA 95138.

Review the rule that an official coach of record must accompany an athlete to a meet.

Field Event Officials for the CCS meets should show up 30 minutes before start time for the warm ups. Officials must be present before any athlete may warm up.

This year, the girls' high jump and long jump are at the same time. If your athlete is attempting this double, make sure they understand that they will have to go back and forth between the 2 events. This is a difficult double to do, make sure they are up to the challenge. You may decide it is in her best interest to drop one of them.

CCS Evaluation Meeting – Tues., June 4 at 4pm if necessary. Location is CCS office.

SCVAL Duties for CCS Semifinals and Finals

The league must supply two turn judges (third turn) and officials to help at the High Jump for both meets. For the 400m Relay, one turn judge should be at the 290m mark and the other at the 310m mark (start and end of the passing zone). The following assignments were made:

<u>Events</u>	<u>Trials</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH		Milpitas	Cupertino
400m - 300m IH		Palo Alto	Fremont
200m - 1600m relay		Lynbrook	Saratoga
High Jump		Santa Clara (2-3 workers total)	Head Official - SC

Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 110m HH	Mt. View	Gunn
400m - 300m IH	Los Altos	Wilcox
200m - 1600m relay	Homestead	Los Gatos
High Jump	Monta Vista (2-3 workers total)	Head Official - SC

Workers should arrive ready to work 45 minutes prior to the start of the field event and 30 minutes for the running events. CCS will provide Turn Judges with flags. A \$100 fine could be levied if a league does not provide personnel for their events on time.

State Meet

Veterans Memorial Stadium
Buchanan High School
Clovis, California
June 1 & 2

At the State Meet, both the girls' and boys' long jump will compete first, followed by both girls' and boys' triple jump. CCS will mimic the State field event order.

NFHS Rule Changes

All coaches should have a copy of the 2018 NFHS Track Book. Please review the book and the rule changes made for this year. No major changes were made, mostly clarifications or editorials. It is also recommended that all coaches have a copy of the NFHS Track Officiating Book and Case Book. The books are now available on kindle for \$6.99 or on the NFHS website for \$10.

Other CCS items

The 2018-19 CIF Calendar will be moving up the State Meet by 1 week. CCS will move up the CCS Trials and Finals each by a week. Each league must adjust their schedules to match the changes. Last SCVAL event can be May 4, 2019.

The MBL and MTAL are combining leagues.

A handout to help prevent lawsuits was handed out. The CCS sent out all handouts from the CCS preseason meeting to the league reps. This email was forwarded to all SCVAL coaches.

CCS is recommending that all Invitationals / Big meets use wind gauges for all appropriate events and do implement certification. Several of the big invitational meets will only take marks with wind readings for entries.

Other

Andy Anderson Relays – Tues., Feb. 27, Rainout date is Feb. 28 or March 1

Job assignments: Wilcox – discus, Lynbrook – shot, Cupertino – TJ, Fremont – LJ, and Homestead – HJ

Post Season Meeting

The Post-Season meeting will be held on Mon., May 21 at FUHSD office at 6pm (tentative).

AP Testing during League/SCVAL

AP Test Dates start May 7. Fri., May 11 – AP Computer Science Principles

Coaches: please check to see if any of your athletes will have a conflict with SCVAL Meet and AP testing. Have your athletes check to see if they can take the test at the high school where the track meet is being held. Ultimately, the athlete may have to choose between the two: track meet or AP testing.

Start Times – SCVAL Meets

All start times for dual meets, division meets and the SCVAL Championship Meet are stated in the SCVAL Track By-laws. If you change the start time, you need to fill out a change of schedule form to be signed by all participating schools.

Field Events

Officials for the Field events at Leagues, SCVAL and CCS should be experienced. Also, per CCS: Athletes should not warm up at field events until an official is on site and opens up the warm up area for the athletes. This rule should be followed at Leagues and SCVAL and all meets. Officials need to stay vigilante during warm ups and competition. They also need to keep the spectators and competitors in a safe area when throwing is taking place. Throws areas for both discus and shot put should roped off so no one can accidentally enter the area. A document for Shot put and Discus outlines safety precautions and rules, included in the Appendix. If anyone has suggestions to improve the documents, please email your suggestion to all SCVAL coaches.

Reminders for Meet Directors – Divisions Trials, Finals & SCVAL

The first alternate for each sprint and hurdle event, especially varsity events, should attend the league finals in case a slot opens up in their event. Failure to not show may result in the alternate being declared ineligible for the SCVAL meet.

All job assignments should be filled, preferable with experienced workers. There should be a starting line clerk if there is only 1 starter assigned to the meet. The starting line clerk will assist the starter with insuring the athletes are in the appropriate lanes and/or heats and give last minute race instructions.

Turn Judges should be assigned for the whole meet.

There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.

The Field Event Officials need to review the rules for checking out of a field event and competing out of order. Athletes should only compete out of order if they have a conflict with another event.

For tracks with no curb, cones should be placed on the inner edge of the track. It is best to have as many cones as possible. The maximum distance between cones on the curve is 5 feet. (Rule 5-1-3)

Check for uniform violations at both running and field events.

Meet Director has only 1 job to direct the meet, don't take on extra jobs.

All coaches need to provide help at the meets, if you can't find qualified personnel then you must do it yourself.

Discus is measured to the lesser inch. The Field Result Checker should drop any fractions of inch from a discus mark.

Starters have been requested for the league meets and SCVAL meet from the starter scheduler – Mark Greenough. Please send your starter: contact information, location and time schedule.

Hank Lawson is the timer for Leagues and SCVAL. Meet directors please keep him in the loop.

Wind gauges should be used for sprints, long and triple jumps. All implements should be weighed and any illegal implements should be impounded for the entire meet or completion of throws events. Also, weighed implements should be marked so the field throws officials can confirmed that they passed inspection.

SCVAL Championship Meet

Hank Lawson should send the DAL and ECL League results to Julie L'Heureux, Walt Van Zant and Curtis Liang at the conclusion of the DAL League Finals. They will determine the 16 qualifiers and 4 alternates to SCVAL.

Please send scratches to Julie L'Heureux by Wed., May 9 at 8pm. Lane assignments will be determined on Wednesday night.

The SCVAL Championship Meet is scheduled for Fri., May 11 with start times: 5:00pm for field events and 5:30pm for running event. Check in time for field events will start 30 minutes prior to start time. Field events will follow the CCS order. Actual schedule will be sent out in mid-April.

Meet Director: Julie L'Heureux

Location: Santa Clara H. S., May 11

Time: 5pm Field, 5:30pm Running

Job Assignments:

Starter: Jim Springer, ?

Timer & Results: Hank Lawson

Announcer: ?????

Field Event Result Checker: Santa Clara (Colette?)

Field Judges: Santa Clara – Darrin Garcia, Paul Fuller

Clerk of the Course: Santa Clara (Margaret)

Jury of Appeals: Bridget Hall (M), Mark Shields (F) and Bernie Ramos (L)

Alternates: Paul Armstrong (C) and Gerri Baldwin (LA)

Starting Clerk: Curtis Liang (G) – extra helper if only 1 starter

Finish Line: Curtis Liang (G)

Weigh in: Los Altos

Blocks: Los Gatos

Events:

Pole Vault: Santa Clara / Los Gatos

Hurdles: Monta Vista

Shot: Mt. View

Discus: Homestead

TJ & LJ: Cupertino – girls' pit

HJ: Los Gatos

LJ & TJ: Palo Alto – boys' pit

1st half (400m relay - 100m) Wilcox (2) passing zone 1, Milpitas (2) passing zone 2, Los Altos (2) passing zone 3, Gunn (2) homestretch & finish area

2nd half (800m - 1600m relay) Saratoga (2) passing zone 1, Lynbrook (2) passing zone 2, Fremont (2) passing zone 3, Homestead (1) & Los Gatos (1) homestretch & finish area

The turn judges' names should be turned into the Meet Director by May 10.

SCVAL Championship Meet Results and Scratches

Julie L'Heureux must submit results electronically to the CCS office and CCS meet director (Mark McConnell), by 9:00am on the Tuesday (May 15) following the league meet or qualification meet. No changes are allowed after the deadline.

Reminder: No alternates are allowed for the CCS Semis. Please scratch any athletes ASAP, preferably before leaving the meet on Fri., May 11. Otherwise, send scratches to Julie L'Heureux, copy to Curtis Liang, ASAP, no later than Sunday morning, May 13 so that alternates may be notified. Please email the alternate's coach if possible also. Coaches please check your email frequently during this time period for alternate notification. Thanks.

General Meeting adjourned. Meeting for League Trials and Finals took place after adjournment.

League Meets

Hank Lawson will only set up the trials day for league entries on athletic.net.

Field event results should be checked for errors in officiating and inputting.

Assign Jury of Appeals at preseason meeting – 3 members plus 2 alternates.

Field Event order for League and Championship Meets should follow CCS/State Order when possible. Field event order for State/CCS will not be posted until April.

League Host: DAL – Palo Alto

EL – Homestead

EC League Meet

Meet Host School: Homestead

Meet to be held on Mon., April 30 and Wed., May 2 at Homestead High School.

Start times: 3pm field events and 3:30pm running events, both days

Meet Director: Kenrick Sealy, Co-Director: Julie L'Heureux (Santa Clara)

Duties

Starter: Jim Springer – both days

Timing: Hank Lawson

Scoring: Hank Lawson

Jury of Appeals (3) –Mark Shields (F), Kirk Flatow (MV), and Walt Van Zant (W)

Alternates: Paul Armstrong (C), and Archie Ljepava (S)

Head Field Judge: Homestead

Field Result Checker: Julie L'Heureux

Clerk of the Course,: Richie (H)

Starting line judge: Homestead

Announcer – ???

Weigh in: Santa Clara (Paul/Kristina)

Events:

Blocks – Santa Clara/ Homestead

Hurdles – Homestead

Shot – Fremont

Discus – Wilcox

TJ/ LJ Girls – Cupertino

LJ/ TJ Boys – Saratoga

HJ – Monta Vista

Chief Finish Line Judge: Homestead

Turn Judges for relays: 1 or 2 judges supplied by each school

The entries for the league meet are due on Fri., April 27 at 10:00pm through Athletic.net.

Remember only 3 entries per a school per event. At large entries should be submitted separately to Julie L'Heureux by April 27.

Alley starts will be used for the 800m, 1600m, and 3200m.

DAL League Meet

Location – Palo Alto

Days and time – May 1 & 3

Field 3pm, Track 3:30pm

Meet director – Michael Davidson

Duties

Starter: John Wise – both days, ?

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: ??

Head Field Judge (check field results): ??

Jury of Appeals (3 + 2 alt.): Milpitas, Lynbrook, and Gunn

alternates: Mt. View, Los Gatos

Weigh ins: Los Altos

Clerk of the Course: Gunn

Block Crew: Milpitas

Events:

Hurdles –Palo Alto

Shot – Mt. View

Discus – Lynbrook

LJ/TJ Boys– Gunn

LJ/TJ Girls – Los Altos

HJ – Los Gatos

Chief Finish Line Judge: Gunn

Finish Line/Turn Judges: Milpitas (1), Los Altos (2), Palo Alto (2), Mt. View (1),
Lynbrook (1)

League Entries are due Fri., April 27

Appendix

Instructions are set up for Division or SCVAL meets. If used for dual meets, Rule 4 (during competition) should be changed.

Instructions For The Shot Put Prior to Competition

1. Throws area (sector) plus safety margin should be corded off or fenced off to minimize risk of injury to spectators and athletes.
2. Warm-ups shall not be allowed unless the meet director declares the venue open and an event official is on site for supervision.
3. Worker(s) should be provided to retrieve implement from sector and carry it to athlete outside the sector.
4. During warm-ups and competition, officials should make sure the throwing area is cleared and workers in sector are ready before calling the next athlete to the ring. A red cone can be used to prevent next competitor in ring.

Rules

1. All contestants must check in with the official prior to the start of competition. If they do not, they are not allowed to compete.
2. If a contestant is competing in a running event during the shot put competition, he/she should check out with the shot put official 10 minutes before the start of the running event and report back within 10 minutes of the end of the running event.
 - a) The official may allow the contestant to take consecutive throws prior to the contestant going to the running event. The contestant may refuse this option.
3. Each F/S and JV contestant gets 4 attempts. A contestant may pass an attempt.
4. Each varsity contestant gets 3 attempts. A contestant may pass an attempt. After each contestant has been allowed 3 attempts, the throwers with the best 8 marks will be allowed 3 more attempts.
5. A thrower must initiate his/her attempt within 1 minute of his/her name being called or it is a foul.
6. Measurements will be made to the nearest lesser 1/4 of an inch.

7. If competitors tie based upon their best throw, then the tie will be broken by comparing their 2nd best throw.
8. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.
9. It is a foul: (1) if after stepping into the ring, the competitor fails to pause before starting the throw, (2) if after stepping into the ring the competitor touches the circle or the top or end of the stopboard or the ground outside the circle during a throw, (3) is not under control before exiting the back half of the circle, or (4) leaves the circle before the implement has landed and the judge calls "mark" or (5) the shot does not fall between the sector lines (landing on sector line is a foul) or (6) allows the shot to drop behind or below the shoulder during the put attempt or (7) touches the top or end of the stopboard before leaving the circle.
10. For more information on the Shot Put, see NFHS T&F Rules 6-1, 6-2, 6-3 & 6-7 or the NFHS Officials Manual.

Instructions For The Discus Prior to Competition

1. Throws area (sector) plus safety margin should be corded off or fenced off to minimize risk of injury to spectators and athletes.
2. Warm-ups shall not be allowed unless the meet director declares the venue open and an event official is on site for supervision.
3. Worker(s) should be provided to retrieve implement from sector and carry it to athlete outside the sector.
4. During warm-ups and competition, officials should make sure the throwing area is cleared and workers in sector are ready before calling the next athlete to the ring. A red cone can be used to prevent next competitor in ring.

Rules

1. All contestants must check in with the official prior to the start of competition. If they do not, they are not allowed to compete.
2. If a contestant is competing in a running event during the discus competition, he/she should check out with the discus official 10 minutes before the start of the running event and report back within 10 minutes of the end of the running event.
 - a) The official may allow the contestant to take consecutive throws prior to the contestant going to the running event. The contestant may refuse this option.
3. Each F/S and JV contestant gets 4 attempts. A contestant may pass an attempt.
4. Each varsity contestant gets 3 attempts. A contestant may pass an attempt. After each contestant has been allowed 3 attempts, the throwers with the best 8 marks will be allowed 3 more attempts.
5. A thrower must initiate his/her attempt within 1 minute of his/her name being called or it is a foul.
6. Measurements will be made to the nearest lesser inch.
7. If competitors tie based upon their best throw, then the tie will be broken by comparing their 2nd best throw.
8. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

9. It is a foul (1) if after stepping into the ring, the competitor fails to pause before starting the throw, (2) if after stepping into the ring the competitor touches any surface outside the circle during a throw, (3) is not under control before exiting the back half of the circle, or (4) leaves the circle before the implement has landed and the judge calls "mark" or (5) the discus does not fall between the sector lines (landing on sector line is a foul) or (6) throws a discus which hits the cage or object outside the sector and then lands within the sector.
10. For more information on the Discus, see NFHS T&F Rules 6-1, 6-2, 6-3 & 6-6 or the NFHS Officials Manual.