

# SCVAL Track & Field Pre-Season Meeting 2026

## Agenda

Handouts: SCVAL Track By-laws and Schedule:

[http://www.scval.com/springSports/Spring\\_index.html](http://www.scval.com/springSports/Spring_index.html)

CCS By-laws, CCS AT-Large Standards, Automatic Entries, and Sanctioned T&F Invitationals:

<https://www.cifccs.org/sports/track/index>

NFHS T&F Rule Changes, Points of Emphasis and Comments:

<https://nfhs.org/sports/track-field>

SCVAL At-Large Standards for Hardship at end of agenda.

- 1) Introductions
  - a) Athletic Director Liaison: Scott Davis, Palo Alto
  - b) League Reps: Julie L'Heureux (SC) - EC, Jonathan Hubbs (Mt.V) - DA
  - c) Phone and email updates
  
- 2) League Schedules
  - a) Start date - Feb. 2
  - b) First Scrimmage - Feb. 16, allowed 2. All scrimmages must be held before first league dual meet, otherwise it counts as 1 of your contest.
  - c) 1st contest: Feb. 23, 14 contest allowed for individuals or team
  - d) Roster submission - Feb. 26 by 11:59pm - athletic.net add to your calendar.
  - e) League Entries - athletic.net, accept invitation after Hank post it.
  
- 3) By-Laws Update
  - a) Article II stills needs to be fixed, 14 contests allowed.
  
  - b) From last year: Article V, Section 1.2, clarification must compete 50% of SCVAL Dual Meets to compete at League meet. See end of agenda.
  
  - c) Article V, Section 1.1.1: If mark meets CCS basic mark the athlete will be moved forward to SCVAL Finals meet. (This does not make sense.) Here is the wording I submitted: In the Varsity level, a school may enter more than 3 athletes, if their entered athletes have the SCVAL Hardship Standard for that event anytime in that same season. For running events, their time must be FAT to qualify. **Article V, Section 1.1.1 is still under review by the League Commissioner. I will contact him again.**
  
  - d) A by-law that should have been approved, but was not is: Article III, Section 2.8.1: A competitor that plans to compete at SCVAL in the PV is only allowed to compete in 3 events at the Division meet and may compete in either the Varsity or JV level at the Division Meet.

- 4) SCVAL Constitution
  - a) Admission Charge for Division Meets, SCVAL:
    - \$10-general admission, \$5-students, seniors and children 6 and above, Free-children 5 and under from Article XVI, Section 1.1 & 1.4 in SCVAL Constitution. Can Scott Davis verify the admission charge?
  
- 5) CCS Meeting - Wed., Jan. 14
  - a) Semifinals - Sat., May 16 @ Gilroy H.S.  
 Finals - Sat., May 23 @ Gilroy H.S.  
 Official Time Schedule will be published in April.
  - b) Updated By-laws should be out by February.
  - c) 4x800m relay: CCS will have trials with top 4 in each heat qualifying plus the next 4 fastest times.
  - d) Unified events: 4x100m, 100, SP. See Appendix B in CCS By-Laws. Contact is Jeff Myers.
  - e) CCS At-large times in CCS By-laws
  - f) SCVAL automatic entries: 5 for boys, 6 for girls
  - g) LJ/TJ Coaches will get a field pass from their athlete, may have special box for coaches with conflict between horizontal jumps and the high jump.
  - h) Officials - field events - at least 45 minutes before start for warm ups, officials must be present for safety during warm ups
  - i) Job Assignments for CCS Semifinals and Finals: Schools should provide a coach or knowledgeable adult, must stay until shift is over and next shift shows up. The first shift will pick up the flags and badges, if you are working the second or third shift, you will get your badge from the previous shift.

#### Trials

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 400m	Cupertino	Santa Clara
100m - VG 3200m relay	Los Gatos	Gunn
VB 3200m relay - 1600m relay	Lynbrook	Palo Alto
High Jump (2-3 workers)	Milpitas	Rand Crippen - Official?
Announcer - Alejandra Flores - Fremont		

#### Finals

<u>Events</u>	<u>School</u>	<u>School</u>
400m relay - 400m	Wilcox	MacDonald
100m - 200m	Mt. View	Los Altos
3200m Relay - 1600m relay	Monta Vista	Saratoga

High Jump (2-3 workers) Homestead Rand Crippen - Official?

Announcer - Alejandra Flores - Fremont

Workers should arrive ready to work 45 minutes before the start of the event. Flags and paperwork will be provided for turn judges. HJ official should bring measuring tape and pencils. A \$100 fine or loss of entry for next year's meet could be levied if a league does not provide personnel for their events on time.

- j) Head Coaches sign-in, first 5 coaches free, all officials are free
  - k) Spectators: use Go-Fan for tickets
  - l) CCS Evaluation Meeting - Tues., June 2, 4pm
  - m) Coach accompanying athletes (CIF rule)
  - n) CIF/CCS pass is good for all CCS Invitationals. You must accept the pass
  - o) Steve Filios will be the new official interpreting the T&F rules.
  - p) <https://www.cifstate.org/sports-medicine/WBGT> - Wet Bulb Globe Temperature  
<https://koreystringer.institute.uconn.edu/wet-bulb-globe-temperature-monitoring/>
- 6) State Meet
- a) Trials, Fri., May 29, Finals, Sat., May 30
  - b) Buchanan High School, Clovis
  - c) CCS will mimic event order when possible
- 7) NFHS Rule Changes
- a) Should have a copy of NFHS Track Rules Book, provided by the league. Your athletic director should give it to you or already did.
  - b) Rule changes and points of emphasis (handouts)
- 8) Post Season Meeting - May 19
- a) Time - 7:00pm, location - SCHS
- 9) Other -
- a) Andy Anderson Relays - Thurs., Feb. 26, 3:30pm if Participating schools are Santa Clara and Wilcox. Cupertino, Fremont, and Homestead? Please confirm your participation with Julie.
  - b) Status of the proposal to have a league meet(s) with all 15 schools.
- 10) A few reminders for future meet directors:
- a) All job assignments should be filled, preferable with experienced workers, especially for the throws. 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 give last minute race instructions.
- b) Turn Judges should be assigned for the whole meet.
  - c) There should be a Field Result Checker to verify the results and make sure that they are entered correctly into the computer.
  - d) The Field Event Officials need to review the rules for checking out of an event and competing out of order. Athletes should only compete out of order if they have a conflict with another event.
  - e) 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. Check NFHS rules for distance between cones.
  - f) Discus is measured to the lesser inch.
  - g) Meet Director should only direct the meet.
  - h) All coaches need to help with meet management; unfortunately, we can't just coach our athletes.
  - i) Hank Lawson is timing Leagues, SCVAL - keep him in the loop.
  - j) Wind gauges should be used, implements weighed and checked.
  - k) We have 2 starters for SCVAL: Steve & Matt Villegas. DA has a starter for Trials, Finals? Fremont: do you have any starters yet?*

#### 11) SCVAL Championship Meet

- a) Saturday, May 9
- b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, Curtis Liang and Jonathan Hubbs. They will determine Top 16. Remember: goal is to get best athletes to the meet.
- c) Please send scratches by Wed., May 6 at 8:00pm to Hank Lawson, Julie L'Heureux and Jonathan Hubbs. Jonathan will have a spreadsheet with entries and alternates.
- d) Lane Assignments will be done Wed. Night

#### SCVAL Work Assignments

Location - Santa Clara

Start Times: 9am Field, 10am Jumps, 11am for Running

Co-Meet Directors: Julie L'Heureux SC, Jonathan Hubbs MtV

Starter: Steve Villegas & Matt Villegas

Jury of Appeals (3 + 2 alt.): Danny Colton LG, David Sciplin

MV, Bernie Ramos Lyn, Alternates: David Garza W, Karen

Saxena G

Job Assignments:

Timer: Hank Lawson

Results: Hank Lawson

Announcer: Alejandra Flores

Field Event Result SC

Clerk of Course: Colette L'Heureux, Janet Stevenson

Starting Clerk: Curtis Liang (H)

Finish Line: Curtis Liang (H)  
Block Crew: Gunn  
Implement Weigh In: Los Altos  
Events: experienced official for field events  
    Pole Vault: Los Gatos  
    Hurdles: Saratoga  
    Shot: Monta Vista  
    Discus: Fremont  
    LJ/TJ Girls - Cupertino  
    HJ: Los Gatos  
    LJ/TJ Boys: Lynbrook  
Turn Judges:  
1st half (400m relay - 300H) 8 judges - 1 each: W, LA, M, G,  
MtV, MD, PA, H  
2nd half (200m - 1600m relay) 8 judges - 1 each: W, MD, LA,  
H, MtV, S, M, PA  
Snack Bar - Santa Clara

## 12) League Information

- a) Division meets: DAL - Milpitas, ECL - Fremont
- b) Time schedule - Set by the By-laws  
Division Trials and Finals - Field - 3pm, Running -  
4pm
- c) First alternates for sprints & hurdles to League  
finals - show up or not eligible for SCVAL
- d) Field events- Officials: should be experienced.  
Per CCS: no warming up at field events until  
officials are in place and opens up the warm up  
area. Official needs to stay vigilante during warm ups  
and competition, keep competitors and spectators in safe  
area.
- e) Dual meets - prior to meet day, coaches should  
discuss any changes in meet set up: field event  
order, etc. Both coaches should agree with changes.  
Change of start time requires a Change of Schedule  
form.
- f) During league trials and finals discussion, please have  
discussion on dual meet schedule so coaches can finalize  
their schedule.

## De Anza League Trials and Finals

Location: Milpitas  
Days and time: April 28 & 30, Field events 3pm, Running 4pm  
Meet directors - Austin Nguyen, Paul Abbott  
Duties

Starter:?

Timing: Hank Lawson

Scoring: Hank Lawson

Announcer: Milpitas

Head Field Judge (check field results)/Weigh-in: Los Altos

Jury of Appeals (3 + 2 alt.): Mt. View, Homestead, Lynbrook  
Alternates - Los Gatos, Gunn  
Clerk of the Course: Homestead  
Block Crew: Gunn

Events:

Hurdles - Milpitas  
Shot - Los Altos  
Discus - Los Gatos or Mt. View  
LJ/TJ Boys - Lynbrook  
LJ/TJ Girls - Palo Alto  
HJ - Los Gatos

Chief Finish Line Judge: Homestead

Finish Line/Turn Judges:

Day 1 110H-100m (3) PA, Gunn, Mt. View

3200JVG-200m (3) Lynbrook, Los Altos, Homestead

Day 2 4x100-100m (3) Zone 1-PA, Zone 2-Gunn, Zone 3- Mt.V

800-4x400 (3) Zone 1-Lyn., Zone 2-LA, Zone 3-H

League Entries are due April 25 at 10pm  
El Camino League Trials and Finals

Location: Fremont

Days and time: April 29, May 1

Field events 3pm, Running 4pm

Meet director: Alejandra Flores

Duties

Starter: ?

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux

Jury of Appeals (3 + 2 alt.): Paul Armstrong C, David

Sciplin MV, Julie L'Heureux SC

alternates: David Garza W, Kirt Iverson MD

Clerk of the Course: Fremont

Block Crew: Santa Clara

Starting Line Judge: Monta Vista

Weigh-ins: SC

Events:

Hurdles - Saratoga

Shot - Monta Vista

Discus - Fremont

LJ/TJ Boys - Wilcox

LJ/TJ Girls - Cupertino

HJ - MacDonald

Chief Finish Line Judge: MV

Finish Line/Turn Judges:

1<sup>st</sup> group: 4x100-100m: 1 from each school except Fremont

2<sup>nd</sup> group: 800-4x400: 1 from each school except Fremont

League Entries are due April 25 at 10pm.

15) Meeting adjourned

Appendix:

Here is the interpretation for the Playoff policy - 50% of League competition from the League Commissioner:

Also, for SCVAL 50% rule, a quad meet where all schools compete against each other, counts as 3 meets. So basically, DAL and ECL athletes have to be in 3 SCVAL meets. Although ECL has 8 teams, MacDonald only competes in the JV divisions so ECL only need 3 too. (From last year) The DAL should have 4 competitions and ECL needs 3 competitions.

There is a 50% rule for CCS and it has a different interpretation, from 2019:

- a. **Playoff policy – 50 % rule: Each league contest (whether it be a dual meet, double dual, triple dual, tri-meet, etc) counts as one (1) toward the 50% rule. He also confirmed that the league championship meet counts (trials and finals are not separate meets however) toward the 50% participation.**
- b. CIF State Bylaw: 14 Meet limit – Each contest/meet (whether a dual meet, double dual, triple dual, tri-meet, etc. and invitational) counts as one (1) toward the team total of 14. However, he confirmed that, if a team “splits their roster” and sends some individual to one meet and others to a different meet (on the same day. I.e. some athletes to Arcadia and some to the Don Bell Quicksilver Classic on 4/6), it only counts as one (1) toward the team total as long as no athlete on the team participates in both meets that day. He also confirmed that no individual athlete can compete in more than 14 meets in a season. This count does not include: league trials, league finals, CCS trials, CCS finals, State trials, State finals. It also does not include any scrimmage (non-scoring) meets that occur prior to the first scoring meet of the year. *Please note: As per CCS Scrimmage bylaws: any results from a non-scoring/scrimmage meet cannot be published in any manner (i.e. any website, newspaper, etc) Also, those marks cannot be used for entry purposes/qualifying marks for any other meet.*

SCVAL  
Standards

Boys	2026
100m	11.45
200m	23.78
400m	52.44
800m	02:01.30
1600m	04:31.79
3200m	09:33.37
110HH	16.81
300IH	43.48
Long Jump	19' 11"
Triple Jump	40' 1.0"
High Jump	5' 4.5"
Shot Put	39' 8"
Discus	124' 9"

Girls	2026
100m	13.38
200m	27.31
400m	01:02.57
800m	02:27.52
1600m	05:18.33
3200m	11:23.59
100HH	17.39
300LH	50.14
Long Jump	15' 4.25"
Triple Jump	32' 2.5"
High Jump	4' 8"
Shot Put	28' 6.75"
Discus	88' 11"

CCS Trials & Finals Work Assignments

Trials

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High Jump (2-3 workers)	Milpitas	Rand Crippen - Official?
Announcer - Alejandra Flores	Fremont	

Finals

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MtV, MD, PA, H  
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H, MtV, S, M, PA  
Snack Bar - Santa Clara

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Duties

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Scoring: Hank Lawson  
Announcer: Milpitas  
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Jury of Appeals (3 + 2 alt.): Mt. View, Homestead, Lynbrook  
Alternates - Los Gatos, Gunn  
Clerk of the Course: Homestead  
Block Crew: Gunn

Events:

Hurdles - Milpitas  
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LJ/TJ Girls - Palo Alto  
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Location: Fremont

Days and time: April 29, May 1

Field events 3pm, Running 4pm

Meet director: Alejandra Flores

Duties

Starter: ?

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux

Jury of Appeals (3 + 2 alt.): Paul Armstrong C, David

Sciplin MV, Julie L'Heureux SC

alternates: David Garza W, Kirt Iverson MD

Clerk of the Course: Fremont

Block Crew: Santa Clara

Starting Line Judge: Monta Vista

Weigh-ins: SC

Events:

Hurdles - Saratoga  
Shot - Monta Vista  
Discus - Fremont  
LJ/TJ Boys - Wilcox  
LJ/TJ Girls - Cupertino  
HJ - MacDonald

Chief Finish Line Judge: MV

Finish Line/Turn Judges:

1<sup>st</sup> group: 4x100-100m: 1 from each school except Fremont

2<sup>nd</sup> group: 800-4x400: 1 from each school except Fremont

League Entries are due April 25 at 10pm.