

SCVAL Post-Season Cross Country Meeting 2022

SCVAL post-season coaches meeting was held 11/10/22 at 6:00PM at Saratoga High School in the team room.

Attendees:

Rick Ellis- AD Liaison	Brad Metheany- SCVAL	Michael Davidson- Paly
Paul Armstrong- Cupertino	Steph Mackenzie- Los Altos	Alejandra Flores- Fremont
Kirk Flatow- Monta Vista	Ian Tippets- Saratoga	Julie L'Heureux- Santa Clara
Becki Krieg- Wilcox	Karen Saxena- Gunn	Paul Lawryk- Los Gatos
Kenrick Sealy- Homestead	Ri-Chee Chou- Homestead	Bernie Ramos- Lynbrook
Jonathan Hubbs- Mt. View	Yoannes Estifanos- Milpitas	

1. SCVAL team standings 2022:

<u>DAL Varsity Boys</u>		<u>DAL Varsity Girls</u>		<u>DAL Fr/So Boys</u>		<u>DAL JV Girls</u>	
Los Gatos	37	Los Gatos	25	Lynbrook	29	Los Gatos	19
Lynbrook	67	Monta Vista	79	Los Gatos	38	Monta Vista	59
Homestead	86	Cupertino	89	Homestead	93	Homestead	64
Monta Vista	93	Lynbrook	100	Saratoga	107	Saratoga	99
Saratoga	140	Homestead	112	Monta Vista	126	Fremont	-
Cupertino	141	Saratoga	127	Fremont	150	Cupertino	-
Fremont	143	Fremont	180	Cupertino	-	Lynbrook	-

<u>EC Varsity Boys</u>		<u>EC Varsity Girls</u>		<u>EC Fr/So Boys</u>		<u>EC JV Girls</u>	
Milpitas	63	Los Altos	26	Palo Alto	25	Los Altos	24
Los Altos	73	Palo Alto	34	Los Altos	37	Palo Alto	40
Wilcox	89	Mtn. View	75	Mtn. View	71	Mtn. View	77
Palo Alto	95	Gunn	118	Gunn	136	Gunn	120
Mtn. View	96	Santa Clara	149	Milpitas	137	Macdonald	142
Gunn	128	Milpitas	158	Wilcox	191	Milpitas	155
Santa Clara	136	Wilcox -	Santa Clara	198	Santa Clara -		
			Macdonald	214	Wilcox	-	

Congratulations to the top 3 individuals at SCVAL Championships:

De Anza League

Varsity Boys: 1st Aydon Stefanopoulos (Los Gatos), 2nd Isaac Tiscareno (Fremont), 3rd Evan Gardner (Homestead)

Varsity Girls: 1st Sophie Tau (Los Gatos), 2nd Shea Elmore (Los Gatos), 3rd Addison Lundstrom (Los Gatos)

Fr/So Boys: 1st Nathan Kato (Lynbrook), 2nd Steve Yang (Lynbrook), 3rd Austin Shu (Lynbrook)

JV Girls: 1st Sarina Salzer-Swartz (Los Gatos), 2nd Zoe Williamson (Los Gatos), 3rd Claire Liu (Los Gatos)

El Camino League

Varsity Boys: 1st Evan Markelz (Mountain View), 2nd Grant Morgenfeld (Palo Alto), 3rd John Cooper (Wilcox)

Varsity Girls: 1st Lauren Soobiran (Los Altos), 2nd Jasleen Sidhu (Los Altos), 3rd Kinga Czajkowska (Palo Alto)

Fr/So Boys: 1st Ryan Kim (Palo Alto), 2nd Samuel Hurst (Los Altos), Jorell Clark (Palo Alto)

EC JV Girls: 1st Emma Lewis (Los Altos), 2nd Alli Katila-Miikkulainen (Palo Alto), 3rd Lily Symon (Los Altos)

2. CCS Championships Qualifiers: Best of luck to all teams this weekend!

Div 1 Girls Teams: Mountain View, Homestead

Individuals: Marilyn Do (Milpitas), Keryssa Li (Milpitas)

Div 1 Boys Teams: Milpitas, Homestead, Mountain View

Div 2 Girls Teams: Los Altos, Palo Alto, Los Gatos, Cupertino, Gunn, Lynbrook, Monta Vista,

Individuals: Micrea Kippes (Wilcox), Keira Lin (Santa Clara), Anusha Chadavada (Fremont), Alia Duus (Fremont), Chloe Maxwell (Fremont), Keira Lin (Santa Clara)

Div 2 Boys Teams: Los Gatos, Lynbrook, Monta Vista, Palo Alto, Los Altos, Gunn, Wilcox

Individuals: Isaac Tiscareno (Fremont), Leland Nguyen (Fremont), Dylan Frake (Cupertino), James Kepner (Santa Clara), Dominic McMahon (Santa Clara), Sebastian McMahon (Santa Clara)

Div 4 Girls Teams: Saratoga

Div 4 Boys Teams: Saratoga

3. Whole Team Average/SCVAL Cup

We will continue to calculate the whole team average for each league meet next season. It provides added motivation for smaller teams and runners of all levels. Discussed adding an awards plaque and bringing back SCVAL cup recognition lists and drawstring bag prizes. Karen Saxena (Gunn) and Steph MacKenzie (Los Altos) will take the lead on the spreadsheets and prizes.

4. League Meet Dates for 2023

Agreed upon following dates:

- SCVAL #1: Tuesday 9/19 @ Baylands
 - SCVAL #2: Tuesday 10/3 @ Crystal Springs
 - SCVAL #3: Wednesday 10/ 18 @ Baylands
 - SCVAL Championships: Tuesday 10/31/23
 - CCS Meet: Saturday 11/11/23
 - State Meet: Saturday 11/25/23
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- Moving SCVAL #3 to Wednesday will lessen the impact of students always missing the same classes. Hank unavailable on Wednesday for SCVAL #1 but in 2024 will try to make both Baylands meets on a Wednesday.
 - Race schedule and divisions for each meet will be the same as 2022
 - Brad Metheany mentioned the idea of doing one of the league meets at the new Carmel course on a Saturday. Coaches discussed and decided it would be too hard because of the logistics and conflicts with popular invitationals.

SCVAL #1 & #3

- Palo Alto/Los Altos will volunteer as meet directors again
- EMT recommended for both races, this will increase fees
- MacDonald fees will be 50% in 2023, then full price 2024

SCVAL #2 & SCVAL Championships Meet directors

Crystal Preview & SCVAL Championship Meet Director passing of the torch. Kirk Flatow has been doing it for a long time and needs a break. Thanks Kirk for all your hard work and making the meet so successful!

Motion: Add meet director duties for SCVAL #2 (Crystal Preview) to by-laws. Meet director will be the same for SCVAL #2 & Championship meet.

Moved by Saratoga and seconded by Santa Clara. All schools in support, motion carried. Rotating responsibilities for meet director for SCVAL #2 & SCVAL Championships will follow the list in SCVAL by-laws Section 6.

Motion: Move Monta Vista to bottom of rotating responsibilities list and skip over Paly/Los Altos as long as they continue to host SCVAL #1 & 3.

Moved by Lynbrook, seconded by Santa Clara. All schools in support, motion carried.

Motion: Change by-laws so coaches can vote at pre-season meeting on whether we charge a gate fee at SCVAL Championships or if schools will pay the meet fee. If we vote to have gate fees we would follow rotating responsibilities for gate/ticket sellers as listed in by-laws.

Moved by Santa Clara, seconded by Los Altos. All schools in support, motion carried.

Other notes

- Kirk has offered to order medals, t-shirts, bibs now if we can all pay in advance. Kirk could do these three things for a little less than \$200 per school, and have this all shipped to the person who is taking over next year. Or we pass these jobs to the new meet director. Kirk will discuss with 2023 meet directors.
- Reminder of 50% rule for individuals competing at CCS. Also reminder that teams qualify to CCS if they are in the top half of the teams that start the race. So everyone needs to try to get 5 on the line so that 4 teams can qualify automatically.

5. Vote for the Sportsmanship Team award and Coach of the Year award for each division.

6. Certificates:

- All League: The top 15 finishers in the Varsity races and top 10 in the F/S boys' and JV girls' races will be awarded All-League status. Certificates available from your AD
- CCS Participation certificates:
http://cifccs.org/sports/certificates/Cross_Country_Participant.pdf
- CCS Coach certificates: http://cifccs.org/sports/certificates/Cross_Country_Coach.pdf