

# Nor-Cal Cross Country-Track & Field Conference Representatives - Seeding Meeting Minutes -

**Sunday, 30 April, 2006 at the Col. of San Mateo stadium press box**

*In attendance:* Bay Valley Conference: Rick Anderson (ARC), Lisa Baudiun (SCC), Dan Cruz(DVC), Ron Whitney(SRJC); Central Valley: Gary Bluth (FCC), Demetrius Snaer(MJC-substituting for Dave Bronzan-COS); Coast Conference; David Flynn(DeAnza), Joe Mangan (CSM), Sean Laughlin(CCSF), Gary Shaw (Hartnell); Golden Valley Conference: Pete Giachetti(Shasta); Nor-Cal statistician: Bob Rush (CSM); Nor-Cal Secretary: Dave Shrock(MJC)

*Meeting called to order by Joe Mangan at 10:10am*

## **Seeding and announcements concerning Nor-Cal Trials:**

- **Entry omissions:** As in the past, a fee of \$100.00 per athlete (\$500.00 max) was levied to allow for late entries to the meet. It was noted that late entries would only be accommodated if the total number of entries in a specific event did not exceed 24. This is the maximum number allowed according to COA guidelines for post-season Nor-Cal track and field competition. It was then decided that a late entry into a filled event had the option of being placed on an alternates list.
- Conference representatives determined a meet time schedule; opening heights in the vertical jumps; number of flights and heats; and which events will be moved directly to the finals to be contested at Sacramento City on Saturday, 13 May. Refer to start lists and updated information on [www.norcalstat.com](http://www.norcalstat.com).
- **Trials Site Information:** Meet Director Joe Mangan once again advises coaches that only ¼ inch pyramid or Christmas tree spikes will be allowed. Needle spikes are not allowed at the competition site. Mangan advised coaches that heavier athletes would be better served to utilize 3/16<sup>th</sup> spike length for optimal traction.
- **Meet administration:** Field Event Referee: Jim Linthicum, Running Event Referee: Maurice Compton. Games Committee: Bluth, Giachetti, Mangan, Shaw.
- **Relay zone judges:** Coast Conference coaches will judge 4x100m exchange zones and 400m hurdle trail legs infractions.

## **Representation:**

- **Nor-Cal Conference Reprs. vacancies:** Dave Flynn of DeAnza has stepped forward to fill a vacancy as a Coast Conference Rep. The Golden Valley conference still has a vacant position.
- **Nor-Cal officers:** First call for nominations for Nor-Cal Committee officers: rules chair(s), secretary, treasurer. Selection will occur at 19 August meeting at Fresno City College

## **Track and Field**

- **Determination post conference competition sites**
- 2006/2007**
  - **Nor-Cal XC Champs**-4 Nov: Crystal Springs
  - **Nor-Cal combined events:** Santa Rosa
  - **Nor-Cal Trials**-4/5 May: Merritt
  - **Nor-Cal Finals**-12 May: ARC and MJC have requested consideration
  - **State Meet**-19-20 May: San Mateo
- 2007/2008**
  - **Nor-Cal XC Champs:** ARC, Sierra, and Shasta have all requested consideration (*teams are encouraged to compete at these meets and evaluate course for champ. competition*)
  - **Nor-Cal Combined Events:** Fresno City
  - **Nor-Cal Trials:** TBA
  - **Nor-Cal Finals:** TBA
  - **State meet:** Cerritos

- **T&F Postseason calendaring:** There was unanimous agreement to request the COA Management Council to have the T&F State Championships be held on second weekend of May.
- **Most Valuable Athlete and Coach determination procedures:** Each conference will nominate a coach of the year for men and women, which will be placed on a ballot to be voted on by all head coaches at the Nor-Cal finals. Ballots to be placed in coaches packets, and deadline for voting is 5 minutes after the conclusion of the last 4x400m relay.  
Most Valuable Athlete nominations for men and women track and field designations will be taken at the Nor-Cal Trials and placed on a ballot to developed and voted on in the same procedure as as the Coach of the Year.
- **Procedure of posting of marks into Direct Athletics:** Motion passed and carried that all marks (excluding multi-event entries) will be posted in imperial (English) measurements to keep all marks equal, as there was a concern that metric marks when converted do not match imperial equivalents.
- **Nor-Cal bylaw rule of allowing athletes to ask to have disputed marks measured before erased:** Not acted on for lack of motion. Coaches and officials should refer to existing NCAA guidelines.
- **Extension of Nor-Cal entry deadline:** After extensive discussion, it was determined that the Nor-Cal entry deadline will be extended to allow coaches more time to assure accurate entries. The motion carried unanimously for these new deadlines:
  - Sunday before the Nor-Cal trials:
    - **10:00am:** Entries to Nor-Cal Trials close on Direct Athletics
    - **Not later than 10:30am:** list of entries posted for public view
    - **2:00pm:** Nor-Cal Reprs. seeding meeting to establish final entries for nor-cal trials
- **No late entry or omission rule:** It was determined with this extension of the Nor-Cal Trials entry deadline, effective in 2007, **no exception will be allowed for late entries or omissions.** After extensive discussion, motion carried with 6 yes, and 5 nos.

### **Cross Country:**

- Review of proposed schedule with start times added. Revised schedule attached.
- Sites requesting consideration for 2008 Nor-Cal champs. consideration will be bolded.

### **General:**

- **Nor-Cal Rotational meets:** Once again Dan Cruz will work to create a schedule. Through discussion, all coaches were admonished to attend meets scheduled for the betterment of all parties concerned.
- **Items for state meet informational meeting to be held Saturday, 20 May at 8:00am:**
  - Resubmission of Form 5's on coach decorum clarification and allowing post conference championships to be two instead of only one day events.
  - Reestablishment of the option to advance 27 athletes from to the Track and Field Nor-Cal Trials.
  - Request COA Management council move the T&F post season competition to reflect to the traditional schedule with the state meet held on the second weekend in May.
- **Discussion weekend for August meetings at Fresno City College:**
  - Friday, 18 August at 7:00pm: Conference Reprs. meeting
  - Saturday, 19 August at 10:00am: Regional coaches meetings
    - 1:00pm: State Coaches Assoc. annual meeting

*Meeting adjourned at 4:17pm*

*minutes respectfully submitted by Nor-Cal Secretary Dave Shrock*