

Nor-Cal XC-T&F Coaches Meeting Minutes

Saturday, 9 December, 2006 at the Las Vegas CircusCircus Hotel

In attendance: Rick Anderson-ARC, Brock Drazen-Merritt, Dan Cruz-DVC, Rob Dewar-SCC, Joe Mangan-CSM, JJ Noble-Hartnell, Doug Owyang-CCSF, Dave Shrock-Nor-Cal Secretary, Demetrius Snaer-Modesto, Chris Zepeda-Hartnell.

Meeting called to order by Nor-Cal T&F Chair Joe Mangan at 9:12am

1. Clarification of XC-T&F Coach and athlete of the year criterion and voting procedure

It was decided that the awards should take into account all performances that occurred throughout the season. For T&F and Cross Country, each conference will nominate one athlete and one coach from each gender. The nomination must include a brief 2-5 sentence rationale statement. Ballots will be created and placed in each coaches packet at the Nor-Cal Championships for consideration. The deadline for ballot submission will be within 15 minutes at the conclusion of the last event. Plaques for both Athlete and Coach of the Year will be created and presented at the State Championships.

In terms of T&F, the conference nominations must be delivered to the Nor-Cal Chair (Joe Mangan) at the seeding meeting on the Sunday after the conference championships.

In regards to Cross Country, the conference nominations are to be e-mailed to the Nor-Cal XC Chair (Gary Bluth) as soon as possible after the conference championships.

Final wording will be worked out by Nor-Cal Chairs, and added to the Nor-Cal Bylaws effective for the 2007 Seasons.

2. Updates on conferencing

BVC (*Merritt-Marin*) will continue to be hosted by the Big 7 conference

Yuba to move to the Golden Valley Conference, effective January 2007

Modesto moving to the Big 7 (*to become the Big 8*), effective Fall 2007

3. Post season Cross County regional championship site selection

The Nor-Cal rational schedule as established at previous meetings is: 07-ARC; 08-Shasta; 09-CSM

The following sites also wish to be considered for selection as the post-season championship site: Newhall Park (DVC); Toro Park (Hartnell), and Sierra College. Butte has also previously expressed an interest in hosting post-season XC competition to Nor-Cal XC Chair Gary Bluth.

These meet directors at these sites are reminded that they must host invitationals to enable coaches to evaluate the proposed courses, and then provide input to the Nor-Cal Rules Committee. That committee will determine if a site is approved to become part of the post-season rotation.

2007 Nor-Cals: Sat., 3 Nov. at ARC's Beals Point. Anderson noted that the start would be moved, which will also move the finish to a better location. This was unanimously approved by the membership in attendance.

2008 Nor-Cals: Still scheduled for Shasta, though more schools are requested to run on the course.

4. 2007 NC track and field rotationals:

It was reiterated that schools must participate in meets assigned.

5. 2007 NC standards and 1500m & 10k qualifying procedure:

Nor-Cal standard will remain the same from 2006, and will be posted on norcalstat.com

1500m qualifying: after much discussion, it was agreed that we will continue to follow the NCAA guidelines whereby if there are 15 or more competitors; heats will be run at the Nor-Cal Trials.

10k qualifying: The following procedure for both men and women will be followed: An athlete shall qualify for the Nor-Cal 10k if at least one of the following criterion is met:

- Nor-Cal or provisional standard in a 10k is obtained during the season
- Nor-Cal Standard met in the 5,000, and a 10k is completed during the season
- Automatic standard in the 5,000m is obtained

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The following item was discussed, and serves as an informational item to be forwarded and voted on at the next Nor-Cal Reps. meeting as it was not on the Las Vegas Meeting agenda

With the concern of inaccurate marks being entered for qualifying athletes into post season competition, the following item was discussed for inclusion into the Nor-Cal Bylaws:

'Where there are acknowledge irregularities in entry marks, these documented instances are to be brought forward to the Nor-Cal Chair who shall write a letter to the coach's athletic director and college administration to bring to light these irregularities.'

6. Confirmation of Nor-Cal post-season meet entry procedure and time-lines:

The following was adopted at the April '06 Seeding Meeting, and confirmed at this meeting in Las Vegas:

Extension of Nor-Cal entry deadline: The Nor-Cal entry deadline has been extended to allow coaches more time to assure accurate entries.

The Sunday before the Nor-Cal trials timeline is as follows:

- **10:00am:** Entries to the Nor-Cal Trials will close on Direct Athletics
- **Not later than 10:30am:** A list of all entries will be posted for public view
- **2:00pm:** At the Nor-Cal Reps. Seeding Meeting, all entries will be finalized
- **Sunday evening:** Nor-Cal Trials heat and flight assignments will be posted on www.norcalstat.com

No exception will be allowed for late entries!!

With this more strict entry procedure, all coaches are advised to obtain a printed entry receipt from DA after last submission before deadline. Secretary Shrock was instructed to place this entry procedure on the Nor-Cals standards document.

- 2007 Nor-Cal Seeding Meeting will be held at CSM on Sunday, 29 April

7. T&F post conference event sites:

	<u>Year</u>	<u>Combined Events</u>	<u>Trials</u>	<u>Finals</u>	<u>State</u>	
	2007	Santa Rosa	Merritt	American River	San Mateo	
Initial	2008	Fresno	San Mateo	Modesto	Cerritos	2007 cross country meet
	2009	Hartnell	Diablo Valley	Hartnell	Fresno	
	2010	American River	Open	Open	Open	

dates (*addenda to the meeting*):

Sat, 15 Sept. - Fresno Invite at Woodward Park

Sat. 5 Oct. - Howard Brubaker Invite. (So-Cal Preview) at Irvine Regional Park

Sat. 13 Oct. - Gary Judd Invite. at Sierra College

Sat. 3 Nov. - Nor-Cal Championships at Beals Point, Folsom
So-Cal Championships at Irvine Regional Park

Sat. 17 Nov. - State Championships at Woodward Park

Scheduling requests for the 2007 Cross Country season will be sent out in early 2007.

Meeting adjourned at 10:53am. - minutes respectfully submitted by Nor-Cal Secretary Dave Shrock

