

Nor-Cal CC-T&F Conference Reps. Spring Meeting Minutes

1 February, 2005 – American River College (revised minutes 15 Feb., 2005)

In attendance: Bay Valley Conference: Rick Anderson-ARC, Lisa Bauduin-SCC, Dan Cruz-DVC, Ron Whitney-SRJC, Central Valley Conference: Gary Bluth-FCC, Dave Bronzan-COS, Coast Conference: Joe Mangan-CSM, Sean Laughlin-CCSF, Gary Shaw-Hartnell, Curtiss Smith-DeAñza, Golden Valley Conference: Pete Giachetti-Shasta. Dave Shrock-MJC, Nor-Cal Secretary, Guests: Jeanette Powless-ARC, Bob Rush

Meeting called to order by T&F Chair Joe Mangan at 10:10am

I. Treasurer's Report: Sean Laughlin reported a current balance of \$2047.29. It was noted that a fee of \$1440.00 was paid to DirectAthletics for the 2004 Cross Country season.

II. 2005 Track and Field Season:

2005 rotationals: Due to the late cancellation of two rotational meets, the committee agreed that we need to formulate an updated list of all the colleges that are willing and have the requisite facilities to host a rotational meet. The target date to have that list completed is April 24th at the Nor-Cal Seeding Meeting. Interested colleges should contact Joe Mangan prior to that date. It was also noted that we need to scrutinize how many meets are held on Fridays and Saturdays.

- a. Host Nor-Cal rotational schools are reminded that they will need to provide automatic timing and report results preferably in Hytek to Sean Laughlin for posting on the nor-cal website ASAP after the conclusion of the meet.
- b. Lisa Bauduin suggested that we reimburse each host college an additional \$100.00 to pay for Meet Officials.

Forwarded by Shaw, seconded by Whitney, passed unanimously:

The Nor-Cal committee will increase the payment to rotational host schools to \$300.00 from current \$200.00 to pay for officials beginning in the 2006 season. The billing amount for each individual program will be determined. The billing designation will be: 'Nor-Cal Rotational 5-Way Meet Series Officials Fee'.

- c. Laughlin will begin billing for this contingency immediately and increase the payment from \$200.00 to \$300.00 for the 2006 season.
- d. Future of the Nor-Cal Rotationals: Mangan stated that we need to poll all coaches to see if the Rotational Meet concept is still a viable option, or if we should consider any other option(s) for the scheduling of early season competitions.
2. **DirectAthletics default meet entry deadline:** It was agreed to standardize the entry deadline to the immediate **Tuesday at 6:00 PM** prior to a rotational or invitational meet. Meet Directors can contact Rush directly to ask for later meet entry deadlines.

III. Post Season Competition updates:

1. **Nor-Cal Combined Events Championships: Tues-Wed, 12-13 April at Diablo Valley College**
 - a. Meet Director Dan Cruz said that he is in the process of determining a hotel list and is attempting to obtain sponsors for additional awards, such as competitor t-shirts, individual event winner plaques, etc.
 - b. It was suggested by Gary Shaw that these optional awards be provided only if the established entry fee of \$25.00 does not have to be increased to meet the additional expense.

- c. A discussion ensued on how to keep track of potential combined event athletes, and Cruz said that he will ask coaches with potential athletes to e-mail him their names and subsequent marks through-out the season. The last day to update any mark will be Sunday, April 10th at 5 PM. Cruz will e-mail out future meet information in addition to posting that same information on the Nor-Cal website.

2. Nor-Cal Trials: Saturday, 30 April at Merritt College, Oakland

- a. The proposed schedule was discussed and returned with several recommendations to the Meet Director.
- b. Alternative site: In the event that Merritt is unable to host the Trials, Fresno may be a possible alternate site.

3. Nor-Cal Trials: Fri-Sat, 6-7 May at Modesto Junior College

The proposed schedule was distributed and upon review Anderson requested that we alter the schedule to move the 5,000 races back into the Saturday order of events so to reflect the state meet schedule of events. After much discussion, the question was moved to a vote.

Forwarded by Anderson, seconded by Laughlin, failed by a 6-3 vote:

The 5000m finals be placed back in the Saturday schedule of event to better reflect the state meet order of events.

It was noted that after this year's event to see what schedule preferred by coaches. Meet Director Jack Albiani recommends that all coaches who will require accommodation refer to the hotel list on the Nor-Cal website and make reservations early as there are several other activities in the area on the the Nor-Cal Finals weekend. The Day's Inn will once a gain serve as the meet headquarters and site of the coaches' no-host social Friday evening.

4. State Championships, Fri-Sat. 13-14 May at American River College

Meet Directors Rick Anderson and Jeannette Powless distributed the proposed meet schedule.

Nor-Cal Seeding Meeting: Sunday, 24 April beginning at 10:00am at the ARC Ranch House

IV. Nor-Cal post season qualifying marks:

It was noted that the men's 100m provisional mark should be 11.10, not 11.1 as previously stated on the Nor-Cal website.

V. New rule changes:

- a. Bob Rush distributed rule changes from the 2005 NCAA rule book, and a discussion was initiated on the points of emphases.
 1. **Relay uniforms:** Clarification of the NCAA rule pertaining to relay uniforms. 2005 NCAA rule book: rule 4-2-3: Relay team members may wear any combination of one-piece and/or traditional singlet/shorts combinations as long as the one-piece suit and the singlet are of the same "primary" color.
 2. **Relay team declarations at the post season competitions:** To aid in the administration of the meet, the following motion was forwarded and passed:

Forwarded by Shrock, seconded by Shaw, passed unanimously:

Relay cards with the team members with a maximum of two alternates must be turned into the clerk-of-the course 20 minutes prior to the start of the relay. Substitutions may be made from only the declared pool of six competitors. Failure to comply will result in the disqualification of the relay team from the competition.

- b. It was reiterated that the Nor-Cal Committee has exceptions to the current NCAA book:
- 1. Video review:** Videotape may be accepted by the Games Committee as a tool in helping them to decide the fate of a particular infraction. Any videotape from any source may be accepted.
 - 2. Identification on uniforms:** The uniform rule, pursuant to the NCAA rule Section 8, article 1, will be enforced at all meets, while the newly adopted COA rule regarding school name, emblem, or mascot being on all uniform tops will also be enforced.
 - 3. Honest effort rule:** An individual unable to compete with honest effort in all of their individual events during the Nor-Cal Trials may return in the Nor-Cal Finals to compete on a qualified relay team. **Note:** An athlete cannot scratch from an individual event during the Trials and then compete on a relay team during the trials. In addition, scratches can be made up to the Wednesday before the state meet, by notifying the Nor-Cal Chair Joe Mangan.

Forwarded by Bronzan, seconded by Bluth: passed 8-1:

Failure to notify the Nor-Cal Chair of a scratch will result in a fine of \$100.00. This fee must be paid to the Nor-Cal Treasurer before any other athlete from that institution may participate in the State Championships. Compliance to this rule is up to the Nor-Cal Chair.

VI. Post-season 10k qualifying:

Due to the lack of opportunities for **men and** women to run a 10k prior to post season competition, the 5,000m 'nor-cal standard' may also be utilized to qualify to post-season competition, providing the competitor has completed one 10k. race during the regular season (including the conference championships).

VII. COA information

- a. COA head Joanne Fortunato will retire in June of this year.
- b. It has been stated that pending any additional financial limitations that all sports will be allowed to return to pre-emergency legislation concerning the number of contests. It would be inferred that Cross country would regain one competition beginning in the Fall of 2005, and T&F would regain two competitions beginning in the Spring of 2006.

VIII. State Supplement revisions concerning Cross Country and T&F:

Joe Mangan has directed Sean Laughlin to post the current COA sports supplement on the Nor-Cal website for review and revision. Please send any suggestions to Joe Mangan prior to the Nor-Cal Seeding Meeting of 24 April. All suggestions will be considered at this time and forwarded for the State Coaches Assoc. Meeting at ARC.

IX. Hall of Fame and retiring coaches:

- a. Joe Mangan reminded the group that nominations for the Hall of Fame need to be submitted to him by Saturday, 6 March at the Beaver Relays. If a nominee is approved, it is the duty of the nominating coach to supply a photo and biographical information of the person as soon as possible.

- b. Retiring coaches: Mangan asked for a list of retiring coaches by the seeding meeting so that they could be acknowledged at the Nor-Cal Finals and State meet.

X. Future Nor-Cal post conference sites:

Meet	2006	2007
Combined Events Champs.	San Mateo	Santa Rosa
Nor-Cal Trials	San Mateo	TBA
Nor-Cal Finals	Modesto JC	Modesto JC
State Champs.	Bakersfield	San Mateo

The Cross Country portion the meeting was called to order at 1:00 by Gary Bluth

XI. Nor-Cal CC Championship Rotation:

The Nor-Cal site for 2006 still needs to be determined. The Nor-Cal rotation which has been: Crystal-Fresno-Shasta-Sierra is no longer a valid model. It was suggested that Toro Park hosted by Hartnell, be placed on the rotation while Anderson said that a new Folsom course will be ready for the 2006 season. Gary Bluth stated he would be open to hosting the meet at Woodward Park, however, teams would then be forced to run two races in a row in Fresno (the Nor-Cal and State Champs). Giachetti noted that Shasta could host the championship at West Valley H.S. in Cottonwood which is 20min. south of the college. The course has all the necessary requirements and the current H.S. coach Scott Frahley, would be willing to assist with the meet administration. It was agreed to return the issue to the conferences for canvassing and to vote on a post-season rotation at the T&F seeding meeting on 24 April.

It was further suggested that Joe Mangan and Gary Bluth, on behalf of the Nor-Cal Committee, draft a letter to the Shasta administration suggesting that the Nor-Cal Committee would like to see Shasta College be a post-season site for both the sports of Track and Cross Country.

XII. COA Fall Sports Festival:

The COA has agreed to host the Fall Sports Festival in Fresno for 2005-06. The downtown Radisson will serve as the meet HQ, and coaches will be able to book rooms at this hotel or five other properties and if all goes as planned, have their room expenses paid for. The concept follows the NCAA Div. II model in the hopes to create media and sponsorship interest in all sports.

The tentative 2005 mini festival format for Cross Country and Water Polo schedule would be:

Thursday, 17 November: Teams arrive in Fresno

Friday, 18 November: Morning visitations to elementary schools and possibly hospital wards for children. This will hopefully be a rewarding experience for the athletes and children. In the afternoon the Woodward Park course would be pre-marked for teams to preview.

Friday evening banquet for all competitors and coaches hosted by the COA.

Saturday, 19 November: State Championship competition.

2006 Season: The goal is for the 2006 season to host all fall sports in Fresno on the second weekend of December. This would mean moving the cross country championships two weeks later to accommodate this festival format.

If this concept proves to be successful, a Spring Sports Festival will also be implemented.

Meeting adjourned at 2:35pm.

Respectfully submitted by Dave Shrock, Nor-Cal Secretary

Postscript:

CVC colleges have been notified that Modesto Jr. College will probably be allowed to join the BVC in the Fall of 2006.