



Iowa Girls High School Athletic Union
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



April 5, 2019

Dear Track and Field Coaches, Administrators, and Officials-

Unlike last year at this time, we have had outdoor meets and bearable temperatures for our students, coaches, officials and meet volunteers. We hope for continued dry conditions and mild temperatures, so all involved have a positive track and field experience.

ORDER OF EVENTS - We have had a few calls about meets not running the prescribed order of events. The order of events for all meets is found on our websites. All regular season meets are required to use the posted order of events on the website and in the regular season manuals. We understand that you may choose to insert events that can be run under National Federation Rules, and that is permissible. However, the other events in a meet with events inserted should still be run in the order found on the websites.

LEGAL SPIKES AT DRAKE STADIUM – As we covered in the rules meeting, only pyramid spikes no longer than ¼-inch are legal for both the Drake Relays and the State Meet. Those students participating in the high jump and long jump are required to meet this spike requirement as well. Both meets will have a spike check. If you have not already not done so, please inform your students on the spike requirement for these two meets, so there are not any surprises when they arrive at Drake Stadium.

RELAY MARKERS – During the regular season, the host school can determine what they want athletes to use as a marker for relay events. As was the case last year, athletes are not to use tennis balls to mark their steps on the track for both the state qualifying and state meet. We would allow tape or other soft, flat markers. Below are examples we will allow to be used for relays. One is a rubber strip and the others are a homemade strip made of multiple pieces of athletic tape. Both are heavy enough not to blow away and sturdy enough to stay on the track if it's wet.



BEING EXCUSED TO COMPETE IN ANOTHER EVENT – We have covered this topic quite a bit in the last few years and continue to receive questions about athletes being excused from a field event to compete on the track. The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Time limits for competitors excused to compete in another event shall be determined by the games committee. Due to the various locations of field event venues across the state, those

time limits will vary from site to site. In regards to the state qualifying meet, the meet manager will determine a reasonable time limit. In most cases, 15 minutes is more than enough time to go compete in a running event and to report back at the field event. Why is setting the time limit important? A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, the head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

GUIDELINES FOR COMPETITORS BEING EXCUSED TO COMPETE IN ANOTHER EVENT

- 1) The competitor must receive permission from the head event judge
- 2) The head event judge must record the time excused
- 3) The head event judge may allow the competitor to take a trial/attempt out of turn before being excused
- 4) The head event judge may use some judgement in extending the time excused under special circumstances, i.e. competing in 3200 meter run
- 5) In the high jump, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height
- 6) Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters
- 7) When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge

WHEELCHAIR COMPETITORS – If your team has a wheelchair competitor, please complete the form on either the IHSAA or IGHSAU site and return it to the respective organization by Friday, April 12. We need to work with our medal vendor to order awards for the state qualifying meets, and we want to make sure we do not forget a competitor.

We have two quick points to make about the 800-meter wheelchair. First, we are working with QuikStats/Varsity Bound on getting that event added to both sites. Also, the starting protocol to be used for the event is, "Wheelers to your mark, "Sound of Gun", the same protocol used for the 800-meter run.

Related to wheelchair competitors, it is the expectation of both the IHSAA and IGHSAU that during regular season events, wheelchair competitors are treated as equals to their able-bodied teammates. The 100-meter wheelchair should be timed the same way as the 100-meter dash. The wheelchair shot put should be measured the same way as the able-bodied shot put. We are hoping through QuikStats and communication between schools, hosts are not surprised to learn of a wheelchair competitor participating in their home invite.

UNIFORMS AND UNDERGARMENTS – We continue to hear of misapplication of the uniform rules and want to remind everyone of the rules prior to the bulk of the outdoor season. The undergarment rule has not changed for the 2019 season. We are still using the adaptation as

years past requiring all visible undergarments to be a single, solid color. Relay team members do not need to wear the same color of undergarments! One can wear black and the other can wear hot pink as long as both are a single solid color.

The uniform rule was simplified this year to state that all relay runners must wear uniforms (running top and bottom) clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. We believe the pictures used in the rules meeting are a great resource to view if you have any questions about the rule change. We did receive a question about a uniform top that was all red in the front and black in the back. It is our opinion that all four runners would need to wear something similar to that and a single red or black top would not suffice as the top does not clearly have a predominant color.

QUIKSTATS – Hopefully your squad’s schedule has been entered into QuikStats. As we shared earlier, schools are only required to enter the meets they host; however, they will need to enter the other schools participating in the meet, so the meet will appear on the visiting teams’ pages. For the Drake Relays, State Meet, and any other meet without a Iowa high school host, each school will need to individually add that event to their schedule. As sent previously,

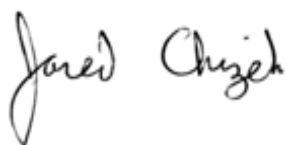
- Add meet
- Make sure you're the only school added to the meet.
- Note the event names that your attending (ex: Drake Relays)
- Don't add the meet location (leave blank)
- Add the date and time
- Save

Host schools are not required and cannot enter the other schools’ results onto the site. If a school has not entered you into a schedule, please contact that coach to do so. Schools can upload a HyTek results file to VBMeets to help coaches from manually entering all meet results. A detailed list of instructions can be found here: <https://www.iahsaa.org/wp-content/uploads/2019/04/Instructions-for-Track-And-Field-Coaches-for-Entering-Results-on-QuikStats.pdf>

JUNIOR HIGH IMPLEMENTS – Per IGHSAU and IHSAA Junior High Manuals posted on the respective websites, the weight for Junior High Girls and Boys Shot Put is 4 kilo (8.818 lbs); the weight for the Junior High Girls and Boys Discus is 1 kilo (2.205 lbs). Please forward this information to each school’s junior high girls and boys track and field coaches.

STATE QUALIFYING MEET INFORMATION – The state qualifying meets are scheduled for Thursday, May 9. We plan on releasing team assignments next week. The state qualifying meet manual and entry information will be posted later this month.

If you have any questions or situations that come up throughout the season, don’t hesitate to contact either one of us.



Jared Chizek



Gary Ross