



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



Dear Cross Country Coaches, Athletic Directors, and Officials:

After this long, unprecedented break, we are glad to see schools are back in session and interscholastic competitions have restarted. We know the start to your 2020 season is unlike anything you and your kids have experienced with the extra precautions and protocols put into place to combat COVID-19. If you or your school has any questions regarding the protocols put into place for this season, please feel free to contact either one of us or to look the COVID-19 Resource Center on both organizations' home pages.

Heat and Hydration – The forecast for this week calls for very warm temperatures. As we start the competition season, we cannot stress the importance of hydrating your athletes prior to, during, and after practice. As in years past, coaches and managers may still distribute water to their athletes (and parents to their own child) during a meet; however, participants are going to need to have a specific water bottles for the race (i.e. Billy should not use the same water bottle as Johnny). Just a reminder, meet managers may shorten the race distance to a minimum of two miles in the interest of the health and safety of competitors if conditions warrant.

State Qualifying Meet Sites – At the time of this memo being posted, we have not yet asked any school to host a state qualifying meet. We hope to start contacting schools within the next few days. The state qualifying meet assignments will be posted during the week of October 12.

Reporting Meet Results – As in the past, the IHSAA and IGHSAU do not require cross country coaches to report their meet results. The Iowa Association of Track Coaches strongly encourages that coaches send their meet results to iaxcresults@gmail.com, so the IATC Cross Country Ranking Committee can adequately and fairly rank the top 15 teams in each class for both boys and girls. Both the IHSAA and IGHSAU use the IATC rankings to help determine state qualifying meet assignments. Again, there is no requirement to report your meet results or to use any particular software for managing and scoring your meets.

Inhalers – As we covered in the rules meeting, the NFHS rule regarding inhalers has not changed. An athlete may carry an inhaler with himself/herself during competition as long as he/she has a doctor's note indicating the inhaler is designed to alleviate asthmatic conditions. The doctor's note needs to be presented to the meet director or referee prior to the start of the meet. Coaches, if you have someone on your team that uses an inhaler, we recommend making several copies of the doctor's note and leaving them in your bag or binder, so when you arrive to a meet, you can simply pull out one of the notes and deliver it to the proper individual.

Unattached Competitors – Both offices have received inquiries regarding both high school and junior high school athletes running in school sponsored meets if a school elects not to offer cross country or has to suspend their season due to COVID-19. If a school elects not to offer cross country or the school elects to go 100% online, students from that school cannot run unattached at school sponsored meets. Students need to represent his/her school and need to be accompanied by a certified coach for all competitions.

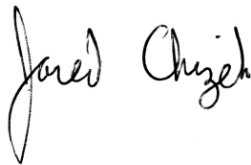
Varsity and Sub-Varsity Combined Races – As we also stated in the rules meeting, students ineligible at the varsity level under the General Transfer and Open Enrollment rules may not compete in combined varsity/junior varsity races. We know there are many meets that combine both races for a number of reasons. A solution we are proposing to schools is to divide your varsity and junior varsity into two races and to start your junior varsity race five minutes after the start of the varsity race. For a boy/girl one class meet, meet managers are only extending the meet by ten minutes and all participants have a chance to compete on a particular day.

Wheelchair Competitors – We are uncertain about the number of wheelchair competitors we have this fall. It would be very helpful if you could notify our offices if you have any wheelchair participants in cross country this fall.

Junior High – We have received a few calls asking if junior high cross country participants are required to have ten days of practice prior to their first competition in part to the new school start date. Neither organization requires a specific number of days of practice prior to a junior high participant's first cross country meet. Junior high cross country teams are allowed to participate in seven meets.

We will be communicating with you any issues and concerns that are brought to our attention. As coaches and officials, please do not hesitate to contact us if you have any questions throughout the season.

Sincerely,



Jared Chizek
Assistant Director



Gary Ross
Associate Director