



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



October 9, 2020

Dear Cross Country Coaches and Athletic Directors-

We are officially in the homestretch of the cross country season. As we all know we can have wild temperature swings in the final month of the season, so your athletes need to continue to properly hydrate. Given all the precautions coaches and administrators have had to implement this fall, we have had relatively few phone calls and emails this fall with questions and concerns.

Watches –With the NFHS changing their interpretation regarding wearable technology over the last couple of years, watches with and without GPS capabilities are legal for both cross country and track and field meets.

Pets at Meets – This is more a concern for meet management than coaches and officials, but we do feel that we need to discuss spectators bringing pets to meets. Per both organizations' policy, no pets are permitted at events sanctioned by the IGHSAU/IHSAA. Any persons found with a pet at an event will be removed from the premises. However, this policy shall comply with the provisions of Iowa Code 216C. With that being said, spectators should not have pets on the course. Coaches, you can help us out by sharing this information with your athletes' parents, so there aren't any issues at the meets you participate. This is not a new policy and will be enforced at the state meet.

State Qualifying Meet Assignments – According to our manuals, State Qualifying Meet assignments will be released the week of October 12. We will review that week's IATC team rankings and then make the final assignments. Please do not start calling our offices first thing Monday the 12th as the assignments will not be posted until later in the week. Keep submitting meet results to iaxcresults@gmail.com as many of you have earlier this season to help make the rankings more accurate.

State Meet Information – More information regarding the state meet will be posted in the next two weeks. As we shared in the last ten days, the state meet has been expanded to two days as a result of COVID-19 precautions <https://www.iahsaa.org/cross-country-2020-postseason-dates-split/>. The 2020 state meet schedule is as follows:

Friday, October 30

10:30 a.m. Girls' 4A
11:00 a.m. Boys' 4A
11:50 a.m. 4A Awards Ceremony
3:30 p.m. Girls' 3A
4:00 p.m. Boys' 3A
4:50 p.m. 3A Awards Ceremony

Saturday, October 31

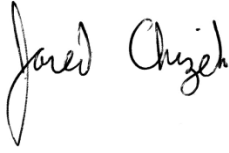
10:30 a.m. Girls' 2A
11:00 a.m. Boys' 2A
11:50 a.m. 2A Awards Ceremony
3:30 p.m. Girls' 1A
4:00 p.m. Boys' 1A
4:50 p.m. 1A Awards Ceremony

Please note that we plan on having a Zoom meeting with all state qualifying coaches and athletic directors at 7:30 am on Monday, October 26 to discuss the state meet. The Zoom link will be sent to participating schools once qualifying is completed on the 21st and 22nd.

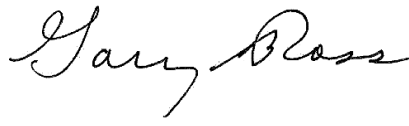
Wheelchair Competitors – We have not heard from any member school regarding having a wheelchair participant in cross country this fall. This is the last call for any member schools to let us know if they have wheelchair competitors.

We will you all the best of luck as we enter the final weeks of the season. Again, if we can be of assistance, don't hesitate to contact us.

Sincerely,



Jared Chizek
Assistant Director



Gary Ross
Associate Director