



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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February 16, 2021

TO: Athletic Directors, Track and Field Coaches, and Track and Field Officials
SUBJECT: 2021 Preseason Track and Field Information

The 2021 Track and Field season is quickly approaching. Hopefully most of the snow is behind us, and the weather cooperates for the 2021 track and field season. As we prepare to start the season, we want to share some information with you as athletic administrators, coaches and officials.

COVID-19 PROTOCOLS – We are in the process of finalizing the recommended COVID-19 protocols that will be put into place for the upcoming season. Our plan is to have the final document to schools no later than next Monday and to have a Zoom meeting for schools on Wednesday, February 24 at 7:30 am to discuss the considerations. The meeting link will be sent with a copy of the final document.

SEASON CHANGES – A number of changes unrelated to COVID-19 go into effect for the 2021 season. The first day of practice for the 2021 season is March 1. The first competition date is March 8. Schools will be allowed to compete in 16 total competitions (indoor and outdoor). The state qualifying meet, state meet and Drake Relays do not count towards the meet limitation. Finally, the advisory committee recommended and both boards subsequently approved a recommended indoor track and field event schedule. That recommended schedule can be found here: <https://www.iahsaa.org/wp-content/uploads/2021/02/IndoorOrderofEvents.pdf>.

COACH NAMES AND EMAILS - We currently have a large number of both boys' and girls' coaches who are not listed in the IHSAA Directory or have no email address. Please use your Member School Login at the IHSAA site and make certain your track and field coach information is current. Use this site for both boys and girls coaches.

RULE BOOKS – With the NFHS not printing a track and field rule book for the 2021 season, schools and officials will not receive a rule book this spring. As many states never started a season last year, no additional rule changes were approved for the 2021 season by the national rules committee. The changes that were supposed to be implemented last spring can be found here: <https://nfhs.org/sports-resource-content/track-and-field-cross-country-rules-changes-2020/> and will be covered in the online rules meeting.

ONLINE RULES MEETING - The online track and field rules meeting will be available for viewing on Monday, February 22. The rules meeting will be available until March 25. Please remember that all head coaches and officials (starter/referees) are required to view the online rules meeting. Failure to do so will result in consequences for the coach failing to meet this requirement. The online exam for officials also goes live on the 22nd. For officials wanting to start a state qualifying meet, the online exam, rules meeting and availability form must be completed by March 25.

CONCUSSION EDUCATION REQUIREMENT – All coaches, grades 7-12, are required to receive concussion education before the first day of practice. If any coaches were recently hired or will be hired and they have not viewed the concussion course, it is imperative that you get this take care of prior to the first date of practice.
Officials – Although you are not required to view this meeting, the IHSAA and IGHSAA would strongly suggest

you view this online video if you have not already done so. Rule 4-4-2 and the Iowa Code places some responsibility on officials for recognizing the signs and symptoms of concussion.

POLICY REGARDING COOPERATIVE PROGRAMS - In the sport of track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, for example sharing only one gender with another school, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 20 for track and field.

CLASSIFICATIONS – Preliminary classifications are now posted on both the IHSAA and IGHSAA web site under their respective Track and Field pages. Please review your school's information to make sure it is correct, particularly if you are a part of a cooperative sharing agreement. Again, classifications become final at 5:00 pm Friday, March 19.

SCRIMMAGES – Schools are allowed one track and field scrimmage after the first legal practice date. Up to four schools may participate in the scrimmage. Just as with scrimmages in other sports, hosts are not to use a public address system for calling races nor or they to charge admission. Results are not to be entered into Varsity Bound, and no school time may be used to travel or participate in the event. The scrimmage also must be held at one of the school's regular practice facilities.

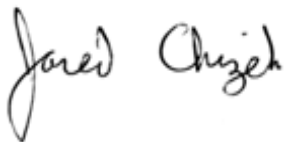
NON-TRADITIONAL MEETS – Schools are allowed one, one-day track and field meet in which all 19 events are not contested. Meet managers can decide which events to offer in these non-traditional meets (i.e. sprints only, individual events only, relays only, field events only, mix and match 10 events). These non-traditional meets would count as one of the school's 16 allowed meets. Sanctioned meets such as the Sioux City Relays and Kansas Relays are not considered non-traditional meets. Also, we have been informed by the Drake Relays High School Committee that performances in these non-traditional meets and scrimmages cannot be used for Drake Relay qualifying marks.

STATE QUALIFYING MEETS & STATE MEET – The State Qualifying Meets are currently scheduled for Thursday, May 13. State Qualifying Meet sites will be posted once finalized. The State Meet is currently scheduled for Thursday-Saturday, May 20-22. We are using the schedule that was supposed to be used in 2020. Class 2A and Class 3A will compete in the morning and Class 1A and Class 4A will compete in the afternoon. The state meet schedule is posted online as well. Please note that for relay events, athletes will only be able to use tape or other flat objects to mark their steps on the track for these two meets. For regular season meets, the local games committee can still allow tennis balls for athletes to use.

VARSITY BOUND – The track and field portion of Varsity Bound will be open for member schools here sometime this week. When entering your schedules, 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 indoor and out of state meets, you can either create a separate host facility (Wartburg College) or enter a note in the event name of the meet's location.

WHEELCHAIR COMPETITORS – If your team has a wheelchair competitor, please complete the form on either the IHSAA or IGHSAA site and return it to the respective organization by Friday, April 16. 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. Thank you for your cooperation with this matter.

There will be more information provided to you as we get closer to the start of the track and field season and as the season progresses. Please do not hesitate to contact us if you have questions or concerns.

Handwritten signature of Jared Chizek in black ink.

Jared Chizek
Assistant Director

Handwritten signature of Gary Ross in black ink.

Gary Ross
Associate Director