



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 and Athletic Directors:

It's hard to believe that schools are back in session and cross country competitions have begun. This first week of school and competition required a lot of patience and flexibility with the heat, humidity and rain. We hope your students have been properly hydrating prior to, during and after practice. For those hosting early season meets, 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. We just have a few items we'd like to touch on before we get too far into the competition season.

State Qualifying Meet Sites – We are in the process of securing our state qualifying meet sites. Once we have all 23 sites confirmed, we will post on both of our web sites. Qualifying meet team assignments will be posted the week of October 11. Class 3A and 4A will run on Wednesday, October 20 and Class 1A and 2A will run on Thursday, October 21. As last year, Class 3A and 4A will run the state meet in Fort Dodge on Friday, October 29 and Class 1A and 2A will run on Saturday, October 30.

Reporting Meet Results – As we shared last week, coaches are encouraged to enter their varsity meet results into Varsity Bound within 24 hours of competition this fall. Host schools are also asked to input the team scores from their event as well. All head coaches should already have an account with Varsity Bound as the rules meeting was hosted through this platform. Schools may enter the performances for their sub-varsity athletes, but that is completely optional. If your school is participating in an out of state meet, please let me know so we can handle the creation of that meet.

Inhalers – 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.

Starting Grids – The NFHS recommends each box to be 6 feet wide. Again, this is a recommendation and not a steadfast requirement. Depending on the number of teams participating in the meet, the boxes may need to be narrower than this recommendation. Regardless of the size of the starting box, all boxes should be the same width, and teams should be randomly assigned a box (not just alphabetical order).

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 so we can finalize our plans for the state meet.

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