



**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



October 8, 2021

Dear Cross Country Coaches and Athletic Directors-

We are excited to have reached this point in the season. With conference meets scheduled for next week, 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. We have had relatively few phone calls and emails this fall with questions and concerns, but we want to get everyone on the same page as we head toward the state meet.

**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.

**Distributing Liquids During Competition** – Handing an athlete a cup or bottle of liquids is not considered aiding a participant. An athlete will not be disqualified for being given liquids during a race. While we prefer the liquids be provided by meet management or by a coach as both parties understand there are other competitors on the course, a spectator or manager could also distribute liquids on the course.

**State Qualifying Meet Assignments** – According to our manuals, State Qualifying Meet assignments will be released the week of October 11. We will review that week's IATC team rankings and then make the final assignments. Keep entering meet results into Varsity Bound as you have for the first part of the season. If you are hosting a state qualifying meet, awards will be shipped from the IGHSAAU office on Monday the 11<sup>th</sup>. If you do not receive them by the 14<sup>th</sup>, please contact Gary Ross.

**State Meet Information** – More information regarding the state meet will be posted in the next two weeks and shared with qualifying teams and individuals after the qualifying meets. As we were not made aware of any wheelchair participants for this year's state meet, we will run the state meet schedule that was posted in the regular season manual at the beginning of the season. The 2021 state meet schedule is as follows:

**Friday, October 29**

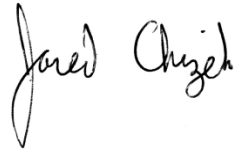
10:30 a.m. Girls' 4A  
11:15 a.m. Boys' 4A  
12:00 p.m. 4A Awards Ceremony  
2:30 p.m. Girls' 3A  
3:15 p.m. Boys' 3A  
4:00 p.m. 3A Awards Ceremony

**Saturday, October 30**

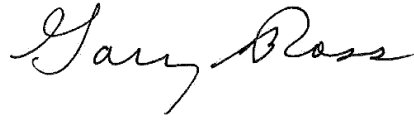
10:30 a.m. Girls' 2A  
11:10 a.m. Boys' 2A  
12:00 p.m. 2A Awards Ceremony  
2:30 p.m. Girls' 1A  
3:15 p.m. Boys' 1A  
4:00 p.m. 1A Awards Ceremony

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

Sincerely,

A handwritten signature in black ink that reads "Jared Chizek". The signature is written in a cursive style with a large, looped initial "J".

Jared Chizek  
Assistant Director

A handwritten signature in black ink that reads "Gary Ross". The signature is written in a cursive style with a large, looped initial "G".

Gary Ross  
Associate Director