



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 already begun. We have already been out to a couple meets and excited that fall is here! As we begin school and competitions, remember to be patient in the event of heat, humidity, and rain. Hopefully your students have been properly hydrating prior to, during, and after practices and meets. 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 – State qualifying meet sites have all been secured for all classes and have been posted on both of our web sites. Qualifying meet team assignments will be posted the week of October 10th. Class 3A and 4A will run on Wednesday, October 19th and Class 1A and 2A will run on Thursday, October 20th. Alternating days for the state meet from a year ago, Class 1A and 2A will run the state meet in Fort Dodge on Friday, October 28th and Class 3A and 4A will run on Saturday, October 29th.

Reporting Meet Results – As we shared in our rules meeting to start the year, please remember to enter your varsity meet results into Bound within 24 hours of competition this fall. Host schools are also asked to input the team scores from their events as well. Schools may enter the performances for their sub-varsity athletes as well, but that is completely optional. If your school is participating in an out of state meet, please use instructions linked [HERE](#) on adding those meets.

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.

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,

Andy Umthun
IHSAA Assistant Director

Gary Ross
IGHSAU Associate Director