



***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-

Excited to get the 2022 Cross Country Season up and running! We have just a few items to address prior to the start of practice on Monday, August 8.

- 1) The online cross country rules meeting is now available through Bound. Athletic directors, you will need to create and assign your head cross country coaches to your school in order for your coaches to access this meeting. Here is a link to help with that process: [Help LINK](#) If you are having issues creating an account, please use the green chat box in the lower right hand side of <https://gobound.com/ia> to communicate directly with the Bound staff.
  - a. If the meeting doesn't appear automatically after logging into the site, please click on the IHSAA or IGHSAU logo respectively to access the meeting.
  - b. This email has been sent to all AD's, Asst. AD's, Activity Secretaries, and Head Boys & Girls Cross Country Coaches from current directory on Bound as of 8:00am this morning.
- 2) **Coaches have until Thursday, August 25 to view the rules meeting.** Head coaches who do not view the meeting will not be able to coach in the state qualifying meet or state meet.
- 3) All 7-12 cross country coaches (head, assistant, paid, volunteer) are reminded to view the NFHS course, "Concussion in Sports," prior to first day of practice. Viewing this course is a requirement from the BOEE. Coaches who do not view this course are at risk to potentially losing their coaching authorization. If you have any questions regarding this requirement or course, please contact Todd Tharp or Chelsea Clark at the IHSAA office. [Concussion in Sports](#)
- 4) Preliminary classifications are listed on both websites [IHSAA](#) and [IGHSAU](#). Please take a look at the classification list to see if your school is listed correctly for either having or not having a sharing agreement. Just a reminder that schools wishing to enter or dissolve a cooperative agreement must do so by 5:00 PM, Friday, August 12.
- 5) All athletic directors and boys and girls coaches were sent this email. Please check the online directory via Bound to make sure the correct name(s) and corresponding email

addresses are entered for your head coaches, as we will send multiple memos during the season and want to make sure that all interested parties receive the information.

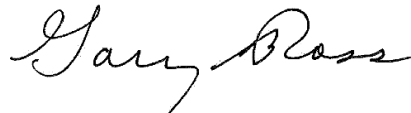
- 6) Post-season:
  - a. State Qualifying Meets – Class 3A and 4A—Wednesday, October 19; Class 1A and 2A – Thursday, October 20
  - b. State Meet – Class 1A and 2A – Friday, October 28 and Class 3A and 4A – Saturday, October 29.
  - c. State meet dates have been flipped from a year ago but state qualifying dates remain the same due to conflicts with regional volleyball dates.
- 7) All coaches are to update all varsity members on Bound following the conclusion of each meet throughout the season.
- 8) Cross country manuals are posted on both the [IHSAA](#) and the [IGHSAU](#) websites.

Have a great start to the season on the 8th. If any questions come up during the season, please do not hesitate to contact either office.

Sincerely,



Andy Umthun  
IHSAA Assistant Director



Gary Ross  
IGHSAU Associate Director