



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



March 29, 2023

Dear Track and Field Coaches, Administrators, and Officials-

We hope the first weeks of competition have been great for you and your kids. As we move outdoors, we'd like to clarify a few items that were brought to our attention during the indoor season.

UNIFORM UNDERGARMENTS – Any visible garment(s) worn underneath the uniform top and/or bottom shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color. Also, visible items worn under the uniform by relay teammates do not need to be the same color. The first leg of a relay can wear a blue undershirt and red tights under the short and the next leg can wear an orange undershirt and grey tights.

COMPRESSION SLEEVES – A doctor's note is not required for an athlete to wear these sleeves. Any sleeve worn during competition must be unadorned (except for the 2 ¼ square inch manufacturer logo) and a single solid color, similar to that of an undergarment.

ORDER OF EVENTS – As we covered in the rules meeting, the girls shuttle hurdle relay will now proceed the boys shuttle hurdle relay for all regular season and postseason competition.

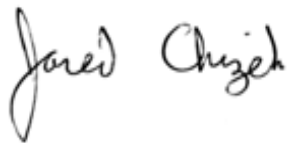
COACHES IN THE INFIELD – The games committee (meet host) has the ability to create restricted areas during competition. With that being said, some hosts allow coaches in the infield during meets while others do not. During the regular season that is the prerogative of the host school to do so. For the state qualifying meet, the IHSAA, IGHSAA and meet host make up the games committee. During the state qualifying meet, coaches may be in the infield for the duration of the meet. The track itself and field event venues remain a restricted area and coaches are not to be in the restricted area when competition is being held.

WHEELCHAIR COMPETITORS – If your team has a wheelchair competitor, please complete the form on either the IHSAA (<https://www.iahssaa.org/iahssaa-wheelchair-track-and-field-entry/>) or IGHSAA (<https://ighssaa.org/upl/downloads/content-blocks/2023-wheelchair-athlete-form.pdf>) site and return it to the respective organization by Friday, April 12. 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.

JUNIOR HIGH IMPLEMENTS – Per IGHSAA and IHSAA Junior High Manuals posted on the respective websites, the weight for Junior High Girls and Boys Shot Put is 4 kilo (8.818 lbs); the weight for the Junior High Girls and Boys Discus is 1 kilo (2.205 lbs). Please forward this information to each school's junior high girls and boys track and field coaches.

STATE QUALIFYING MEET INFORMATION – The state qualifying meets are scheduled for Thursday, May 11. Once we finalize securing sites, we will post the 32 sites on our sites. We plan on releasing team assignments during the second half of April.

If you have any questions or situations that come up throughout the season, don't hesitate to contact either one of us.

A handwritten signature in black ink that reads "Jared Chizek". The letters are cursive and fluid.

Jared Chizek

A handwritten signature in black ink that reads "Madison Melchert". The letters are cursive and fluid.

Madison Melchert