



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



April 20, 2023

It's hard to believe we are four weeks from the start of the state track meet. We hope the weather improves for the next month, so your athletes can perform at their best at both the qualifying and state meet. We have just a few items to cover as we continue with the season.

30-Meter Exchange Zone – We are still receiving questions about the 30-meter exchange zone for relays. The outgoing runner's entire body must start inside the 30-meter zone. The athlete cannot have a running start into the zone, nor can the athlete straddle the exchange zone marker. These are the same protocols that have and continue to be used for 20-meter zones in the 4x400 and 4x800 races. The 30-meter exchange zone is used for the 200 to 400 exchange in the medleys while the 20-meter exchange zone is used for the 400 to 800 exchange in the 1600 meter medley.

School Uniform – Both coaches and officials need to be aware of the current uniform rule. The uniform needs to be school-issued or school-approved. Due to large numbers within a program or lack of a particular size of a uniform piece, students may be wearing their own uniform top or short during competition. In either case, the uniform needs to adhere to the current uniform rules. The school's head coach must review and approve all uniforms to be certain the item is rules compliant. Officials, if you see a uniform that you don't believe has been approved by the school, please get a hold of the head coach at the local meet to see if he/she approves of the uniform as he/she is responsible for his/her team's uniform.

FAT Performances – We've been asked what makes a timing system fully automatic. In a FAT system, the equipment is started automatically by a starting device and captures the finish automatically when any part of the competitor's torso reaches the finish line. A timing system that only automatically captures the start or the finish and not both is not considered to be a fully automatic timing system.

State Qualifying Meet Entry Information – Following the Drake Relays, we will be sending information to each school regarding their state qualifying meet entries. Please be on the lookout for that information during the first part of the Week of May 1. Team assignments will be posted Monday, April 24.

Drake Relays Qualifying Information – Traditionally tomorrow, both of our offices receive phone calls from athletic directors or head track coaches regarding Drake Relay qualifying. Please note that neither of us are members of the Drake Relays High School Selection Committee, and all questions regarding the Drake Relays need to be directed to individuals listed in the Drake Relays High School Entry Information Packet.

Online Ticketing – All tickets to the state qualifying and state meet will be sold through Hometown Ticketing. Qualifying meet tickets will go on sale on Monday, May 8. State meet tickets will go on Monday, May 15. Please share this link with your athletes and their families to help direct them to the correct place on the IHSA web site: <https://www.iahsaa.org/tickets/>

NFHS Questionnaire – As in the past, all head coaches and officials have been invited to take part in the NFHS rules-writing process by taking the annual Track and Field and Cross Country rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Track and Field and Cross Country Rules Committee. The questionnaire

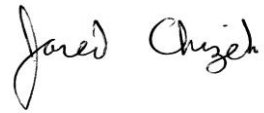
will close on May 8. To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

Don't hesitate to give either office a call if you have a question over the next week.

Sincerely,



Madison Melchert



Jared Chizek