



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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Dear Track and Field Coaches and Administrators-

State qualifying week is here. We know each of you are busy putting together your meet lineups, but we've received a few questions over the last week that are specific to the qualifying and state meet that should benefit everyone. In addition, we have a few updates regarding the state meet with you to share as well.

Qualifying Meet Entries – We have received a few emails believing there is an issue accessing qualifying meet entries. Coaches, do not go to meet registration as you do for regular season meets. Go to your program page or click on the IHSAA/IGHSAU logo to find the entry form as explained in the May 1 memo:
<https://www.iahhsaa.org/wp-content/uploads/2023/05/23-State-Qualifying-Meet-Letter.pdf> Entries are due at 10 am on Wednesday, with substitutions and scratches allowed until 10 am on Thursday.

Compression Sleeves – I know we covered this topic earlier this season, but we're still hearing questions and/or concerns on the topic. A doctor's note is not required for an athlete to wear compression 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.

Relay Markers – For the qualifying meet, the host school dictates what can and can't be used as a relay marker (i.e. tennis balls, tape, rubber strip). For the state meet, we will follow the same guidelines that were used for the Drake Relays, which prohibits tennis balls to be relay markers. Tape, rubber strips, tongue depressors and other similar objects will be items allowed on the track for the state meet.

Relay Card – All eight athletes listed on the relay card are eligible to compete at the qualifying and state meet. For example, Athlete A is entered in three individual events and is scheduled to run in the 4x100 and to be an alternate in the 4x200 this Thursday. Let's assume all five of those events qualify for the state meet. Nothing prevents the coach from putting Athlete A in the 4x200 and moving him as an alternate in the 4x100 at the state meet as he was listed on both relay cards. Coaches, if you have further questions on this specific topic, please do not hesitate to reach out.

Relay Contestants – Based on prior years' experience, at some point Thursday a meet manager will call us with the following scenario: "In the sprint medley relay, Team A could not legally complete the exchange between the first or second runner. Are all four runners charged with an event or just the first two runners?" In the above scenario, all four runners are charged with an event once they report to the clerk of course. The same would be true if the leadoff leg was called for a false start.

Coaches in the Infield – As shared earlier this spring, coaches will be allowed in the infield for the state qualifying meet this week. The track itself and field event venues remain a restricted area and coaches are not to be actively coaching or watching in the restricted area when competition is being held. For example, coaches are not to be in an outside lane during the 4x800 relay. Coaches may cross the track into and from the infield at any point as long as they don't interfere with the race. Coaches may also assist the meet host in setting up hurdles. The meet host does have the ability to restrict certain areas within the infield (i.e. area around the finish line, exchange zones). We will just offer this word of advice to coaches as some of you have been on the infield all year and others have not: use common sense. If the meet host or an official asks you to move, be courteous.

STATE MEET SPECIFIC INFORMATION

Athlete Warm-up Areas/Team Camps – At the time of this email, we are still negotiating with Drake on where our athletes can warm-up and camp for the state meet. Based on feedback, we know what you as coaches want. We know what we, as the governing bodies want; however, ultimately this will be a Drake University decision on what will be available next week and beyond for our athletes. Please check State Meet Central on both organizations' website and your wristband packet next week to see the plans for 2023.

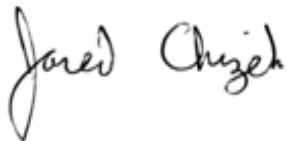
Field Event Conflicts – Per a recommendation from the Track Advisory Committee, we are trying something new this year regarding field event and running conflicts at the state meet. Coaches may request a change to a different flight in the field events of shot put, discus, and long jump if there is a scheduled conflict in the field event with a running event. This request must be communicated to the IGHSAU/IHSAA by Sunday at 5:00 pm following the state qualifying meet. We will keep 12 athletes to a flight, so if in doubt with a conflict, send us an email so your athlete doesn't get bumped to create an additional conflict. Once we publish the start list Sunday evening, flights are finalized. For those in the high jump or those wishing to keep their original flight, the head field event judge can and still change the jumping/throwing order within the flight or can offer consecutive trials if need be.

Award Ceremonies – Per another recommendation from the Track Advisory Committee, we are trying something new this year to recognize state meet athletes and their accomplishments. We will be announcing the top three individuals and relay teams in the infield shortly after the specific event concludes. Individuals from our offices will be down on the infield organizing the athletes and getting them to where they need to go to be recognized. As with any change, we ask for your patience as we understand event conflicts and or potential infractions may prevent the ceremony from occurring as quickly as some would like.

School Logos on Results Page – During the state meet both offices receive emails from coaches, administrators and fans regarding school logos on the results page and video board. Wayzata Results pulls those logos from athletic.net. Coaches or ADs can change this logo by logging into athletic.net searching for your team clicking the logo and uploading it.

Finally, we leave you with these pieces of information. First, if you believe something is not correct at your qualifying meet this week, please address it on site with the field event judge or starter/referees. While we can correct clerical errors after the fact, we cannot fix other mistakes, such as starting from the wrong start line or not following the high jump progression as spelled out in the State Qualifying Meet Manual online. Second, please read the materials on state meet central and in the packet shipped to your school prior to arriving at Drake Stadium next week as there is the possibility of more changes from 2022 than listed in this email. Finally, all alternates will receive a wristband for state meet admission.

We wish you the best of luck over the next two weeks. Don't hesitate to reach out if you have any questions.



Jared Chizek



Madison Melchert