



Dear Cross Country Coaches and Athletic Directors-

Excited to get the 2023 Cross Country Season up and running! We have just a few items to address prior to the start of practice on Monday, August 7.

- 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 IGHSAA 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 24 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 [IGHSAA](#). 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 11.**
- 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) All athletic directors please make sure you fill out your site availability form to host State Qualifying Cross Country.

- 7) Post-season:
 - a. State Qualifying Meets – Class 3A and 4A—Wednesday, October 18; Class 1A and 2A – Thursday, October 19
 - b. State Meet – Class 4A and 1A – Friday, October 27 and Class 2A and 3A – Saturday, October 28.
 - 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.
- 8) All coaches are to update all varsity members on Bound following the conclusion of each meet throughout the season.
- 9) Please have all meet times send their results file to results@gobound.com this year. Bound has done a lot of work over the summer to create a better process for importing results.
- 10) Cross country manuals are posted on both the [IHSAA](#) and the [IGHSAU](#) websites.
- 11) **Uniform Rule Change:** Starting in 2023 for both Cross Country and Track and Field uniform adaptations to 4-3-1b7 and 4-3-2a have been eliminated by both the IGHSAU and IHSAA. From now on both organizations will follow Rule 4-3 as written in the NFHS Rules book. GPS watches are legal.
- 12) This school year, as part of their new NFHS Corporate Partnership, Brooks Running will be donating over \$1,000,000 in gear to NFHS member schools around the country. Grant recipients receive shoes and apparel for up to 50 runners per team up to \$17,000 MSRP. Each team also receives \$1,000 to help with expenses, including pay-to-play fees, meet entries, transportation costs, etc. To learn more about this program and to apply, please visit the following link: [Brooks Future Run Team Grants | Run Community | Brooks Running](#). Applications must be entered by August 21st for the cross-country grants. The NFHS will do applications again in January for track and field.

Have a great start to the season on the 7th. If any questions come up during the season, please do not hesitate to contact either office.

Sincerely,



Andy Umthun
IHSAA Assistant Director



Madison Melchert
IGHSAU Assistant Director