



Dear Cross Country Coaches and Athletic Directors-

As we approach the second half of the 2023 Cross Country Season! We have just a couple items to address prior to the championship portion of the season.

- 1) **Reporting Meet Results** – Bound result reporting has been going well. Please continue to have all meet timers send their results file to results@gobound.com. This helps with promoting athlete successes, the rankings process, and later this fall postseason assignments.
- 2) **Inhalers** – The NFHS rule regarding inhalers has not changed. An athlete may carry an inhaler with himself/herself during competition as long as he/she has a doctor's note indicating the inhaler is designed to alleviate asthmatic conditions. The doctor's note needs to be presented to the meet director or referee prior to the start of the meet. Coaches, if you have someone on your team that uses an inhaler, we recommend making several copies of the doctor's note and leaving them in your bag or binder, so when you arrive to a meet, you can simply pull out one of the notes and deliver it to the proper individual.
- 3) **Water Distribution** – We have had a few coaches reach out for clarification so thought it was worth including here that you are allowed to distribute water during live races to your athletes.
- 4) **Wheelchair Competitors** – We are uncertain about the number of wheelchair competitors we have this fall. It would be very helpful if you could notify our offices if you have any wheelchair participants in cross country this fall so we can finalize our plans for the state meet.
- 5) **Meet Hosting Recommendations** – Reminder to host schools throughout the season.
- 6) **State Qualifying Meet Sites** – Qualifying meet team assignments will be posted the week of October 9th. Class 3A and 4A will run on Wednesday, October 18th and Class 1A and 2A will run on Thursday, October 19th. Alternating days for the state meet from a year ago, Class 4A and 1A will run the state meet in Fort Dodge on Friday, October 27th and Class 2A and 3A will run on Saturday, October 28th.

Best of luck to all as we progress into the back half of September! If any questions come up during this stretch before SQM assignments, please do not hesitate to contact either office.

Sincerely,

Andy Umthun
IHSAA Assistant Director

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IGHSAU Assistant Director