



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 27, 2024

Dear Track and Field Coaches, Administrators, and Officials-

We saw some outstanding performances indoors, and we are hoping the weather warms up to allow our athletes to compete in better weather conditions. Both offices received very few calls during the indoor season, but we would like to share a few points with everyone as the season ramps up.

IMPLEMENT INSPECTION – We know in the past that very few regular season meets inspect shots and discus prior to competition with the belief that all implements are weighed and examined at home prior to the season. With that being said, all implements are inspected at Drake, the state qualifying meet and state meet, and in most years, more shots than discus are not allowed to be used for competition due to the shot being light. As a reminder, the girls use a 4 kilo shot (8.818 pounds) and a 1 kilo discus (2.205 pounds), while the boys use a 12 pound shot (5.443 kilo) and a 1.6 kilo discus (3.527 pounds). All junior high competitors use the high school girls implements.

PARA-ATHLETE COMPETITORS – As we covered in the rules meeting, both organizations have expanded its para-athlete division this season with a separate ambulatory division. The updated rules for both wheelchair and ambulatory track and field can be found here: <https://www.iahxaa.org/wp-content/uploads/2024/02/2024-Paradivision-Rules1.25.24.pdf> If your team has a para-athlete, please complete the form on either the IHSAA (<https://www.iahxaa.org/track-field/paralympic-track-and-field-entry/>) or IGHSAAU [2024-adaptive-entry-form.pdf \(ighsau.org\)](https://www.iahxaa.org/track-field/paralympic-track-and-field-entry/) by Friday, April 12. We need to work with our medal vendor to order awards for the postseason meets. Also, please communicate with your regular season meet hosts on whether or not you have a para-athlete, so awards can be distributed at those meets as well.

MEET LIMITATION – Just a reminder that there is a 16 meet limitation for each level within a school. For example, a school could schedule 16 varsity meets, 16 JV meets, and 16 freshman meets. No individual can participate in more than 16 meets regardless of level of the meet. The Drake Relays, state qualifying and state meet do not count towards this meet limitation.

STATE QUALIFYING MEET INFORMATION – The state qualifying meets are scheduled for Thursday, May 9. 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.

DRAKE RELAYS – A reminder that both of our offices are not involved with the Drake Relay qualifying or entry process. All questions regarding the Drake Relays should be directed to drakerelays@drake.edu.

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

Jared Chizek

Madison Melchert