



Dear Cross Country Coaches and Athletic Directors-

We wanted to take a minute and wish you good luck on the start of your competition season this week.

With the warmer weather this week, please take time to view the [WBGT Webinar](#) if you haven't already, as well as review [Wet Bulb Globe Thermometer Guidance](#) to ensure all questions you may have are addressed regarding heat guidance.

If you have any additional questions or concerns, please reach out to Richelle Williams at [richelle.williams@drake.edu](mailto:richelle.williams@drake.edu). She serves on our Sports Medicine Advisory Committee and will be happy to assist. Additionally, be on the lookout for our second memo later this week.

Best of luck to all as meets get going this week! 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