



Dear Cross Country Coaches and Athletic Directors-

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 reach out to results@gobound.com if you are having issues. Attached [HERE](#) is a link on how to upload those results.
- 2) **Junior High Meets** -- Reminder that at the junior high level there should be a separate race for boys and girls. These races can overlap, however there needs to be enough time between the start that there are two clearly identifiable competitions going on.
- 3) **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.
- 4) **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. Water distribution is defined by providing athletes with drink only.
- 5) **Pace Running** — As a reminder; coaches, athletes, spectators, etc. cannot pace or run along with competitors who are competing. The penalty for this running assistance is disqualification of the runner.
- 6) **Meet Hosting Recommendations** – Reminder to host schools throughout the season. We have had some reports of courses being short this year. Please make sure to take the time and wheel your course to get the proper 5k (3.12 mile) length. GPS does not always provide the most accurate measurement.
- 7) **State Qualifying Meet Sites** – Qualifying meet team assignments will be posted the week of October 14th. Class 3A and 4A will run on Wednesday, October 23rd and Class 1A and 2A will run on Thursday, October 24th. Alternating days for the state meet from a year ago, Class 3A and 4A will run the state meet in Fort Dodge on Friday, November 1st and Class 1A and 2A will run on Saturday, November 2nd.

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,

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IHSAA Assistant Director

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IGHSAU Assistant Director