



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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The Drake Relays have passed, and we know coaches and athletes start focusing on the state qualifying meets. As we continue towards May 15, we hope this information helps answer some of the questions your school may have.

State Qualifying Meet Assignments – In case you have not yet seen the qualifying meet assignments, you can access them here: <https://www.iahsaa.org/track-field-2025-state-qualifying-assignments/>. Entry information will be sent to schools on May 5. The state qualifying meet manual can be found here: <https://www.iahsaa.org/manuals/track-field-postseason/>

State Meet Schedule – The final state meet schedule is now posted here: <https://www.iahsaa.org/wp-content/uploads/2025/04/25schedulefinal4.29.25.pdf>. Please note the location of the ambulatory events in the schedule as there are changes from 2024.

Waterfall Starts – We have had a few questions about the state qualifying meet and seeding protocol. If 12 or more relays/individuals are entered in the 3000, 3200, 4x800, 800 (1A and 2A) and 1600, a double waterfall start is strongly recommended. As field size will vary from site to site, we've come up with an easier solution for state qualifying start placement when a double waterfall is used. As in past years for the state qualifying meet, the top seeded distance performance will wear hip four just like sprint, laned events (4-5-3-6-2-7-1-8). The cheat sheet linked here shows the top third/remaining competitor split when a double waterfall is used <https://www.iahsaa.org/wp-content/uploads/2025/04/Double-Waterfall-Protocol4.30.25.pdf> For example, when there are 12 athletes in the event, athletes wearing hip number 4, 5, 3 and 6 will be placed in that order on the front waterfall while 1, 2, 7, 8, 9, 10, 11 and 12 will line up in that order on the back waterfall.

The state meet hip numbers will follow what has been shared in the past: <https://www.iahsaa.org/wp-content/uploads/2025/01/State-Track-Waterfall12.5.24.pdf>.

Relay Uniform Violations – In the 4x200-meter relay, members of the competing teams report to the clerk wearing their warm-ups. As the race begins, the second leg does not remove the t-shirt covering his running top. At completion of the race, the second leg would be warned for wearing an illegal uniform as the running top (his shirt) does not clearly indicate through predominant color, school logo and color combination that the members are from the same team. Again, each individual on the track team has a warning first prior to being disqualified for a uniform infraction. We have to get this call right as we head towards the postseason.

Coaches in the Infield – For the regular season, it is up to local meet management on whether or not to allow coaches in the infield. For the state qualifying meet, coaches will be allowed in the infield; however, the meet host can still limit where those individuals can be throughout the meet in order for the meet to run without incident (i.e. not allowed by the starting line due to the finish line camera).

Field Event Videos – We did share these videos earlier this season, but with state qualifying right around the corner, we want to remind all ADs, coaches, meet volunteers and officials aware of this training tool.

[LONG JUMP](#)

[HIGH JUMP](#)

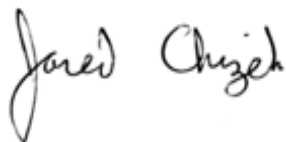
[THROWS](#)

Shuttle Hurdle Relay – We have had a couple of questions regarding the shuttle hurdle relay when a hurdle is displaced and cannot be reset prior to the next relay member going by where the hurdle was supposed to be set. The manual reads, “If a relay team puts themselves at an advantage or other relay team at a disadvantage due to displacing a hurdle that cannot be corrected in a timely manner, the offending relay team shall be disqualified.” Example 1: Team A is in lanes 1 and 2. The third runner of Team A clips hurdle nine, which in turn displaces hurdle two for his teammate. Hurdle two cannot be reset in time and the anchor leg runs through where the hurdle was supposed to be set. Team A is disqualified as they put themselves in an advantageous position by displacing their own hurdle. Example 2: Team A is in lanes 1 and 2. The second runner of Team A clips hurdle nine, which in turn lands in front of hurdle one for Team B’s third runner. Hurdle one cannot be reset in time and the third leg of Team B clips the two hurdles. Team A is disqualified as they put Team B at a disadvantage; Team B would be entitled to a rerun if requested.

Running on the Line – As we head towards the postseason, we feel the need to remind coaches that an athlete may not step on or over the curb or painted line, for three or more consecutive steps with either or both feet. A competitor shall also not deliberately run on or inside the track curb (or painted line) and thereby gain a meaningful advantage, including but not limited to improving or shortening the course. We know during the regular season that there few if any umpires around the track to make these calls, so these actions may have gone unnoticed for the first two-thirds of the season.

NFHS Questionnaire – As in the past, all head coaches and officials have been invited to take part in the NFHS rules-writing process by taking the annual Track and Field and Cross Country rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Rules Committee. The questionnaire will close on May 13. To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

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