



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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April 3, 2025

Dear Track and Field Coaches, Administrators, and Officials-

We saw some outstanding performances indoors, which is a great sign early in the season. Both offices received very few calls during the first weeks of competition, but there are a few points we would like to share with everyone as we ramp up.

MEET MANAGEMENT – One point of emphasis for our state this year is the management of our meets, specifically field events. We have partnered with the IATO and made a “How To” video series on setting up and conducting the field events. Links to those videos are listed below.

[LONG JUMP](#)

[HIGH JUMP](#)

[THROWS](#)

ELECTRONIC DEVICES – Rule 4-6 addresses the use of electronic devices in unrestricted areas. This rule is not limited to coaches and managers videoing performances for review and instructional purposes. Headphones, cell phones and other devices used by competitors should not be used in restricted areas. The purpose of the rule is participant safety. As we have covered in past years, the games committee determines what is and isn't a restricted area. We would have a hard time believing the track itself and field event venues would not be considered a restricted area.

HEADWEAR – Both offices have had calls on what an athlete can wear during competition. Other than religious head coverings (4-3-1(b)(8)), the NFHS does not address headwear in the rule book. Both organizations have the following statement in their Regular Season Track and Field Manuals: “Headwear which is reasonable and not demeaning to the competition is legal.” A baseball cap or stocking hat would be examples of reasonable headwear. A swim cap or raccoon skin hat would not be considered reasonable for competition.

PARA-ATHLETE COMPETITORS – As a reminder, both organizations expanded its para-athlete division last year with a separate ambulatory division. The updated rules for both wheelchair and ambulatory track and field can be found here: <https://www.iahsaa.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.iahsaa.org/track-field/paralympic-track-and-field-entry/>) or IGHSAAU (<https://ighsau.org/upl/downloads/content-blocks/2025-paralympic-entry-form.pdf>) by Friday, April 18. We need to work with our medal vendor to order awards for the postseason meets. Also, please communicate with your regular season meet hosts, so awards can be distributed at those meets as well.

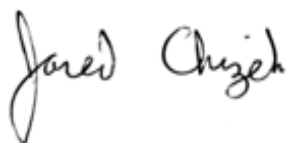
MEET LIMITATION – Just a reminder that there is a 16 meet limitation for each level within a school. For example, a school could schedule 16 varsity meets, 16 JV meets, and 16 freshman meets. No individual can participate in more than 16 meets regardless of level of the meet. The Drake Relays, state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

STATE QUALIFYING MEET INFORMATION – The state qualifying meets are scheduled for Thursday, May 15. We have finalized our qualifying sites, and they can be found on both our websites [IHSAA](#) and [IGHSAAU](#). 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.

ONLINE RESULTS – As in years past, we are still requiring results to be entered into Bound. If coaches would like season and personal bests to be correctly noted in the state meet results later this season, coaches may also upload results into Athletic.net. If one attempts to upload results there and is having issues, do not hesitate to reach out to our state meet timer who can also assist in uploading results via the results file or backup file from HyTek. Josh's email is josh@wayzataresults.com. Schools are also asked to double check team logos on the site for the state meet. If by chance, your team name needs updated on Athletic.net, please email Josh that as well.

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