



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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Dear Track and Field Coaches and Administrators-

State qualifying is less than a week away. We know each of you are busy starting to put your meet lineup together, but we've received a few questions over the last week that are specific to the qualifying and state meet that should benefit everyone.

State Qualifying Meet Manual – The state qualifying meet manual can be found here: <https://www.iahsaa.org/manuals/track-field-postseason/>. A reminder that the 45-minute break is now 30-minutes for all classes and running events begin at 4:45 rather than 4:30 in the past. Also, all girls events, including the shuttle hurdle relay, precede the boys events.

Para-Division Athletes – All para-division athletes are required to participate in a specific event at the state qualifying meet to qualify for the state meet. Also, a reminder that the points from the five wheelchair events and five ambulatory events will be used to determine the Para-Division team champion at the state meet.

Being Excused to Compete in Another Event – We did cover this topic in the rules meeting as it was a national point of emphasis. The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Due to the various locations of field event venues across the state, those time limits will vary from site to site. The state qualifying meet manager will determine a reasonable time limit, which the majority of time will fall between 10-15 minutes. A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, that in the throws and long jump, the head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

NFHS Guidelines for Competitors Being Excused to Compete in Another Event

- 1) The competitor must receive permission from the head event judge.
- 2) The head event judge must record the time excused.
- 3) The head event judge may allow the competitor to take a trial out of turn before being excused
- 4) The head event judge may use some judgement in extending the time excused under special circumstances, i.e. competing in 3200 meter run.
- 5) In the high jump, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height.
- 6) Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters.
- 7) When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge.

Relay Markers – For the qualifying meet, the host school dictates what can and can't be used as a relay marker (i.e. tennis balls, tape, rubber strip). For the state meet, we will follow the same guidelines that

were used for the Drake Relays, which prohibits tennis balls from being relay markers. Tape, rubber strips, tongue depressors and other similar objects will be items allowed on the track for the state meet. While the outgoing athlete must establish themselves entirely within the exchange zone prior to initiating the exchange, the relay marker can be outside of the exchange zone as a point of reference (i.e. strip seven meters from the start of the zone).

Relay Card – All eight athletes listed on the relay card are eligible to compete at the qualifying and state meet. For example, Athlete A is entered in three individual events and is scheduled to run on the 4x100 and to be an alternate in the 4x200 next Thursday. Let's assume all five of those events qualify for the state meet. Nothing prevents the coach from putting Athlete A in the 4x200 and moving him as an alternate in the 4x100 at the state meet as he was listed on both relay cards. Coaches, if you have further questions on this specific topic, please do not hesitate to reach out.

Relay Contestants – Based on prior years' experience, at some point Thursday a meet manager will call us with the following scenario: "In the sprint medley relay, Team A could not legally complete the exchange between the first or second runner. Are all four runners charged with an event or just the first two runners?" In the above scenario, all four runners are charged with an event once they report to the clerk of course. The same would be true if the leadoff leg was called for a false start.

School Logos on Results Page – During the state meet both offices receive emails from schools and fans regarding school logos on the results page and video board. Wayzata Results pulls those logos from athletic.net. Coaches or ADs can change this logo by logging into athletic.net searching for your team clicking the logo and uploading it.

Additional Coaching Wristbands – As we shared in the qualifying meet entry letter, each competing squad will receive 4 complimentary wristbands for their coaches and managers. There is an opportunity for participating schools to purchase additional coaching wrist bands at \$30 apiece. To purchase additional wristbands, athletic directors, please email Jess Morgan at jmorgan@iahsaa.org. The IHSAA will invoice schools after the state meet for additional bands. If we receive the notification prior to state packets being shipped, we will include the additional wristbands in said packet. If not, additional coaching bands can be picked up at the northwest entrance of Drake Stadium. Schools can still bring a letter from an administrator to the northwest entrance to receive additional wristbands at the state meet.

Online Ticketing – All tickets to the state qualifying and state meet will be sold through Hometown Ticketing. Qualifying meet tickets will go on sale on Monday, May 12. State meet tickets will go on Monday, May 13. Please share this link with your athletes and their families to help direct them to the correct place on the IHSAA web site: <https://www.iahsaa.org/tickets/>

Finally, if you as a coach believes something wasn't handled correctly at the state qualifying meet (i.e. high jump progression wasn't followed properly, not enough athletes made finals in the shot put), please address the issue with the starter/referee that was hired and assigned by both offices as quickly as possible as you have 30 minutes from the announcement of event results to bring to the attention of the official. Neither office can correct an issue like this off-site or the day after the meet.

As always, do not hesitate to reach out with any questions.

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