



Dear Cross Country Coaches and Athletic Directors-

We are excited to get the 2025 Cross Country Season up and running! There are a few items to address prior to the start of practice on Monday, August 11.

- 1) The online cross country rules meeting is now available through Bound. Athletic directors, you will need to create and assign your head cross country coaches to your school in order for your coaches to access this meeting. Here is a link to help with that process: [Help LINK](#) If you are having issues creating an account, please use the green chat box in the lower right hand side of <https://gobound.com/ia> to communicate directly with the Bound staff.
  - a. If the meeting doesn't appear automatically after logging into the site, please click on the IHSAA or IGHSAA logo respectively to access the meeting.
  - b. This email has been sent to all AD's, Asst. AD's, Activity Secretaries, and Head Boys & Girls Cross Country Coaches from the current directory on Bound as of 8:00am this morning.
  - c. Make sure the correct name(s) and corresponding email addresses are entered in Bound for your head coaches, as we will send multiple memos during the season and want to make sure that all interested parties receive the information.
- 2) **Coaches have until Thursday, August 28 to view the rules meeting.** Head coaches who do not view the meeting will not be able to coach in the state qualifying meet or state meet.
- 3) All 7-12 cross country coaches (head, assistant, paid, volunteer) are reminded to view the NFHS course, "Concussion in Sports," prior to the first day of practice. Viewing this course is a requirement of the BOEE. Coaches who do not view this course are at risk of potentially losing their coaching authorization. If you have any questions regarding this requirement or course, please contact Andy Umthun or Chelsea Clark at the IHSAA office. [Concussion in Sports](#)
- 4) Preliminary classifications are listed on both websites [IHSAA](#) and [IGHSAA](#). Please take a look at the classification list to see if your school is listed correctly for either having or not having a sharing agreement. Note, enrollment numbers for shared programs have been adjusted per House File 189. Just a reminder that schools

wishing to enter or dissolve a cooperative agreement must do so by 5:00 PM, Friday, August 16.

- 5) In the sport of cross country, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. We will apply this closer to Friday, August 15<sup>th</sup>, 2025, as we have a better idea of our cooperative sharing agreements.
- 6) **All athletic directors please make sure you fill out your site availability form to host State Qualifying Cross Country.**
- 7) Post-season:
  - a. State Qualifying Meets – Class 3A and 4A—Wednesday, October 22; Class 1A and 2A – Thursday, October 23
  - b. State Meet – Class 2A and 3A – Friday, October 31 and Class 4A and 1A – Saturday, November 1.
  - c. State meet dates have been flipped from a year ago but state qualifying dates remain the same due to conflicts with regional volleyball dates.
- 8) All coaches are to update all varsity members on Bound following the conclusion of each meet throughout the season.
- 9) If you are hosting a meet, please make sure to upload results on Bound. If you have any issues with this process, please reach out to [results@gobound.com](mailto:results@gobound.com) . Attached [HERE](#) is a link on how to upload those results.
- 10) Cross Country manuals are posted on both the [IHSA](#) and the [IGHSAU](#) websites.

Have a great start to the season on the 11th. If any questions come up during the season, please do not hesitate to contact either office.

Sincerely,

Tyler Lown  
IHSA Assistant Director

Jim Duea  
IGHSAU Assistant Director

