



Dear Cross Country Coaches and Athletic Directors-

A couple items as we enter the middle 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** – You are allowed to distribute water during live races to athletes. Water distribution is defined as providing athletes with drink only.
- 5) **Pace Running** — It is illegal for coaches, athletes, and spectators to pace or run along with athletes who are competing. The penalty for this running assistance is disqualification of the runner.
- 6) **Course Distance Requirement** – A reminder to host schools throughout the season. 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 Assignments/Dates**– Team assignments will be posted the week of October 13th. Class 3A and 4A will run on Wednesday, October 22nd and Class 1A and 2A will run on Thursday, October 23rd.
- 8) **State Qualifying Meet Information** – As you begin to prepare for SQM's, please refer to your 2025 Cross County manual for important information.
- 9) **State Meet Competition Days** - A reminder of the alternating days for the state meet from a year ago, Class 2A and 3A will run on Friday, October 31 and Class 4A and 1A will run on Saturday, November 1st.

We have been impressed, not only with the quality of competition, but also with meet management and administration, at the meets we have attended. Best of luck in your upcoming meets! If any questions come up during this stretch, please do not hesitate to contact either office.

Sincerely,

Tyler Lown
IHSAA Assistant Director

Jim Duea
IGHSAU Assistant Director