



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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With the Drake Relays this weekend, we know coaches and athletes will start focusing on the state qualifying meets. As we continue towards May 14, we hope this information helps answer some of the questions your school may have.

State Qualifying Meet Assignments – State qualifying meet assignments were posted earlier this week: <https://www.iahsaa.org/track-field-2026-state-qualifying-assignments/> . Entry information will be sent to schools on May 4. The state qualifying meet manual can be found here: <https://www.iahsaa.org/manuals/track-field-postseason/>

State Meet/State Qualifying Meet Changes – Coaches and athletic directors are reminded of two changes that will impact the postseason that were both shared in the rules meeting. First, if an race is hand-timed at the state qualifying meet, we will convert those times following NFHS rule 3-9-8 as written: “Electric or digital timers which measure one one-hundredth of a second must be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. MT + .24 = FAT).”

In addition, at the state meet, the meet referee will call the head coach via cell phone to communicate disqualifications in an event. ADs and coaches, it is imperative that correct phone numbers are in Bound. If the meet referee cannot reach the coach, or the coach does not answer his/her phone, the public address announcer will call the coach to the rail in Section O.

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 4x100-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).

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.

Bound Performances – Continue to update performances following meets as the mark needs to be in Bound in order for it be used for qualifying meet seeding. Also, please verify that all events were FAT as we’ve had an increase in calls this spring about schools needing to use the By Event timing function on Bound.

Junior High Implements – Both junior high boys and girls use the 4-kilo shot and 1-kilo discus for competition.

If you have any questions or situations that come up throughout the season, don’t hesitate to contact either one of us.