



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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With us just over a week away from the qualifying meets, we are attempting to get ahead of the common questions that come across our desks at this time of year.

Excused Competitors – We have created a separate document explaining how to handle a competitor needing to leave a field event to go run on the track: https://www.iahsaa.org/wp-content/uploads/2026/05/AD_Coach_Officials_Excused_Competitor_5_6_26.pdf. We are hoping the examples and guidelines can help clarify potential scenarios at the qualifying meet.

Batons – While checking athletes in at the Drake Relays, we noticed many decorative batons. The baton may be laser engraved as long as it remains smooth. Stickers, tape or other adhesives cannot be attached to the baton.

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).

Field Event Measurements – As a reminder, the shot and long jump are measured to the nearest lesser ¼ inch, while the discus is measured to the nearest lesser full inch.

Legal Implements and Warm-up – We have had a question about warming up with a larger shot than the minimum weight for competition (4kg for girls, 12 pound for boys). The rule only references a minimum weight and not a maximum weight for the implement; however, the rule states a minimum and maximum diameter and circumference of the implement (page 61 of the rule book for those measurements). These dimensions are important as 6-2-13 states the competitor shall not use an illegal implement during warm-up or competition with the penalty being disqualification from the event.

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 during the state qualifying meet, 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 wristbands 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 11. State meet tickets will go on Monday, May 18. 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/>.

NFHS Questionnaire – As in the past, all head coaches and officials have been invited to take part in the NFHS rules-writing process by taking the annual Track and Field and Cross Country rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Rules Committee. The questionnaire will close on May 14. To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

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, don't hesitate to contact either one of us with any questions

Jared Chizek

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