



Dear Cross Country Coaches and Athletic Directors-

We are excited for the 2023 Cross Country Season! We have just a couple items to address prior to competitions getting up and running next week.

- 1) **REMINDER: Coaches have until Thursday, August 24 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.
 - a. **AD's:** ensure you have your head coaches assigned and contact info updated on Bound.
 - b. This will ensure they get credit for rules meeting and get communications sent out.
- 2) Final classifications are listed on both websites [IHSAA](#) and [IGHSAU](#).
- 3) All coaches are to update all varsity members on Bound following the conclusion of each meet throughout the season.
- 4) Please have all meet timers send their results file to results@gobound.com this year as well. Bound has done a lot of work over the summer to create a better process for importing results.
- 5) To help create consistent expectations at meets throughout the season, look through guidelines for hosting cross country meets [HERE](#).
- 6) We will release the State Qualifying Meet sites for all classes next week.
- 7) **Uniform Rule Change:** Starting in 2023 for both Cross Country and Track and Field uniform adaptations to 4-3-1b7 and 4-3-2a have been eliminated by both the IGHSAU and IHSAA. From now on both organizations will follow Rule 4-3 as written in the NFHS Rules book. GPS watches are legal.
- 8) REMINDER: Brooks Grant Applications must be entered by this Monday, the 21st. [Brooks Future Run Team Grants](#) | [Run Community](#) | [Brooks Running](#). The NFHS will do applications again in January for track and field.

Best of luck to all as meets get going next week! If any questions come up during the season, please do not hesitate to contact either office.

Sincerely,

Andy Umthun
IHSAA Assistant Director

Madison Melchert
IGHSAU Assistant Director