



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



September 20, 2018

Dear Cross Country Coaches, Athletic Directors and Officials:

And just like that, we are in the fifth week of competition. From our standpoint, we have had a very quiet first half of the season, but we anticipate more questions being asked as squads prepare for conference, state qualifying and state meets. With that being said, we want to share a few reminders with each of you as we enter into the last half of the season.

Heat Related Issues – We know many of you have participated in meets with very high temperatures and humidity through the first half of the season. We also know many meet managers have had a great action plan in place to help athletes and fans struggling with the conditions by having extra medical personnel, including ambulances, on site. Neither office can stress enough the importance of having a plan in place to deal with the heat and humidity. Hopefully, the warmest days of the season are behind us, but if we get another warm day of competition, here are some things to remember:

- a) All races can be shortened to two miles in the interest of health and safety of the competitors.
- b) An athlete will not be disqualified for being given liquids during a race. While we prefer the liquids be provided by meet management or by a coach as both parties understand there are other competitors on the course, a spectator or manager could also distribute liquids on the course.
- c) The IHSAA and IGHSAA will not punish a school for not competing in a meet if the school's administration feels it is unsafe for their athletes to compete.

Rescheduling/Late Scheduling of Meets – We also know that given how much rain has fallen this season, that many events have been canceled or postponed to a later date. If a meet you are scheduled to participate in is canceled or postponed and you cannot participate in the makeup date for whatever reason, you may enter and participate in another event without the IHSAA's and IGHSAA's permission. We also have received a number of calls about schools quickly throwing a meet together so their kids can compete against another squad. Again, we have no issue with this, other than the host school is required to hire a registered starter/referee.

Non-School Events – Both organizations have had calls about students competing in road races and fun runs in your communities. These are non-school events and the participation of your students is governed by your school's non-school participation policy required by the Iowa Code. Remember, participation in these events is considered individual participation and school teams cannot compete as a team. Accordingly, when a group of students want to run in these events, and they all happen to be on the cross country team that is fine. It is important not to wear school equipment or use school transportation for these events. Doing those two simple things eliminate any concern about your school team participating. **Just make sure your students do not except a cash award or any award with a value greater than \$50.**


Drones – Multiple schools have contacted our offices regarding drones being flown during competition. During regular season competition, local meet management shall determine if drones may be flown at their meet. As per IHSAA and IGHSAA policy, drones will not be allowed at either the state qualifying or state meet.

State Qualifying Meet Assignments – According to our manuals, State Qualifying Meet assignments will be released the week of October 8. We will review the October 9 IATC rankings and then make the final assignments. Please do not start calling our offices first thing Monday the 8th as the assignments will not be posted until later in the week when we receive the IATC rankings. Keep submitting meet results to iaxcresults@gmail.com as many of you have earlier this season to help make the rankings more accurate.

Wheelchair Competitors – We have not heard from any member school regarding having a wheelchair participant in cross country this fall. This is the last call for any member schools to let us know if they have wheelchair competitors.

We will you all the best of luck as we entered the last half of the season. Again, if we can be of assistance, don't hesitate to contact us.

Sincerely,



Jared Chizek
Assistant Director



Gary Ross
Associate Director