

TRACK AND FIELD ADVISORY COMMITTEE MEETING JUNE 21, 2021

A meeting of the Track and Field Advisory Committee was held at the Iowa High School Athletic Association office in Boone on Monday, June 21, 2021. Committee members present were Jon Pedersen, Central Decatur (2022); Nate Smith, Ankeny Centennial (2021); Blaire Puls, Hudson (2022); Toby Lorenzen, Central Lyon (2021); Martha Bauder, Central (2021); Scot Lamm, Mount Pleasant (2024); Greg Williams, Monticello (2024); and Mark Tigges, Official, Non-Voting, Clive (2023). Also present were Jared Chizek, IHSAA, and Gary Ross, IGHSAU.

The meeting was called to order by Jared Chizek at 10:00 AM. The committee was introduced.

The committee was informed of the role of advisory committee by the state office staff members. Recommendations will first be shared with the IHSAA/IGHSAU Joint Board at their next scheduled meeting, so representatives from both boards have a grasp on what the feelings are of the other board before any action is taken.

(MM-S) Pedersen-Bauder to approve the June 2, 2020 advisory committee minutes. Motion carried unanimously.

The regular season was discussed. Items discussed included:

First Day of Practice/Out of Season Workouts – The committee spent great length discussing the change in start date for the 2021 track and field season. Ross gave background on the Ad-hoc committee created during the 2016-17 school year that was put together to look at the unified calendar to evaluate the placement and length of all high school activity seasons in an attempt to develop breaks for students in between seasons. From that committee's recommendations, the start date for track and field, postseason dates for other spring sports, and the start of baseball competition all were changed. Track and field advisory committee members shared their own frustration and frustration shared with them by their peers on the two-week reduction in the season while the winter sport season was not changed. In addition, committee members are also concerned with the new postseason schedule for both boys and girls soccer now starting during the state track meet, and baseball games being played the week of the meet.

Per the committee's conversation, the impacts of the shortened season led to more soft-tissue injuries throughout the season and a decrease in performances in the technical events (hurdles, jumps, throws) compared to years past. Coaches would still like the opportunity to compete indoors, and the current schedule makes that difficult given the turn around from the first day of practice to when colleges traditional host their indoor meets. The committee made a series of recommendations focused on increasing the season length.

- 1) **(MM-S) Lamm-Williams to move the first practice date to the Monday of Week 34 (Monday, February 21, 2022).** Motion carried unanimously.
- 2) **(MM-S) Smith-Lamm to move the first competition date to the Friday of Week 35 (Friday, March 4, 2022).** Motion carried unanimously.
- 3) **(MM-S) Williams-Pedersen to allow schools to have eight optional days of contact prior to the first practice date. In addition, the schools will forfeit eight days of track and field contact leading up to the family week in July.** Motion carried unanimously.

Chizek asked if any committee members participated in a scrimmage or non-traditional meet this spring. Lamm hosted a non-traditional meet and Pedersen hosted a scrimmage. Both had positive things to say about the two new options and used both as an opportunity to test out their FAT system. Tigges led a discussion on the weightman 4x100 meter relay and the need for schools to use a baton and to treat the event as a race and not as a mockery to the sport of track and field.

The state qualifying meets were discussed. Items discussed included:

Starting Height – Ross and Chizek shared of a unique situation at one of the qualifying meet sites regarding the potential of none of the competitors clearing opening height. Had no competitor made opening height, only 23 girls would have been in the 1A high jump event. The committee was made aware that the starting heights are different for the 1A and 2A boys compared to the 3A and 4A boys, while the girls had the same starting height across all classes. **(MM-S) Bauder-Lamm to lower the starting height to 4'4" for Class 1A and 2A at the qualifying meet.** Motion carried unanimously.

State Qualifying Meet Schedule – The committee reviewed the state qualifying meet schedule, particularly the location and length of the breaks in the event. As explained to the committee, the intent of the 45-minute break is to conclude field events prior to the bulk of the running events. Lorenzen and Pedersen did share the discus event at their site this year did run longer than that break, but all other field events were concluded prior to the break. No change to the 45-minute break was recommended. Rest and recovery of athletes throughout the meet was discussed. **(MM-S) Pedersen-Lorenzen to add a 10-minute break to the 1A and 2A state qualifying meet following the 800-meter run.** Motion carried unanimously.

Miscellaneous Qualifying Meet Items – The committee briefly discussed the state qualifying method of advancement and allowing coaches into the infield for the duration of the meet.

The state meet was discussed. Items discussed included:

State Meet Schedule – Chizek and Ross sought feedback on the Saturday schedule used for the 2021 state meet. While there were positives of the schedule used this spring (shorter day for each class, better seating for the participating schools and fans),

the committee did discuss the shorter recovery time for some of the athletes during the day. The traditional schedule is what will run in 2022 with Class 1A and 4A in the morning and Class 2A and 3A in the afternoon. Ross also asked for input on the placement of the DMR as it is the only event where the girls and boys do not run in the same location as the rest of the meet. No change was recommended for 2022. Lamm would like the two organizations to consider moving the shot put into the stadium.

Bauder concluded the meeting by discussing the junior high hurdle events and a true-team scoring meet. Puls shared concerns of the length of junior high meets in her part of the state. Tigges offered the suggestion of the two organizations hiring an assistant starter for the Class 3A and 4A qualifying meets. Chizek asked the committee for help in recruiting state meet officials.

The date for the 2022 Track and Field Advisory Meeting will be June 20, 2022 at the IGHS AU office in West Des Moines.

With no further business, the meeting adjourned at 12:30 PM.

Respectfully submitted,

Jared Chizek
Assistant Director