



Iowa Girls High School Athletic Union
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

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



Congratulations to you and your runners for qualifying for the 2020 State Cross Country meet in Fort Dodge.

The certified athletic trainers working the state meet will be available at the medical tent located at the finish line one hour prior to the first race for pre-event taping and other needs. Please provide your own taping supplies for any athletes who require taping. If your athlete(s) use any form of colorful specialty tape like "KT Tape" please note that this tape is not provided by the athletic trainers. Please bring a picture or description of how they use the k-tape and we will do our best to apply the tape provided in a similar manner to what your athlete is accustomed to. During the race an athletic trainer will be located at the finish and one will be following the last runner of each race. Please contact the nearest race official to radio an athletic trainer for emergency needs while on the course. We also ask that coaches or athletes report any athletes they do not complete the race to the nearest race official.

This year we are asking all athletes and accompanying adults to wear a face covering when receiving treatments or evaluations by our sports medicine staff. We are also limiting the number of people in the medical tent at one time, and we ask that only one parent or one coach enter the tent with the athlete.

As a reminder, please encourage proper hydration to your athletes, even if we have cold weather. Make sure they eat a proper meal of foods that they commonly eat on race day approximately 3-5 hours before the start of competition.

Feel free to contact me with questions or concerns, 515-835-9736. If you have an athlete with specific needs please contact me before arriving in Fort Dodge to ensure we can provide proper care. We wish you the best of luck and we look forward to hosting another great meet!

Sincerely,

BreAnn Drees, MS, LAT, ATC