



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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Dear Cross Country Coaches, Athletic Directors, and Officials:

Welcome to the first week of the competition season! We're not sure where the summer went, but we are excited to start another school year and cross country season. Even with school starting, more likely than not, we will have at least one more warm weather pattern prior to the end of the season. We presented an overview of heat and hydration during the rules meet. We have posted a PDF version of the rules meeting, so all interested parties can go back and review any part of the meeting. As in years past, we cannot stress the importance of hydrating your athletes prior to, during, and after practice.

State Qualifying Meet Sites – We hope to post the 20 state qualifying meet sites on both organizations' web sites very soon. The state qualifying meet assignments will be posted during the week of October 3. The state qualifying meets will be held on Thursday, October 20, 2016, beginning at 3:00 PM for the two two-class sites and 4:00 PM for the single class sites. Please be aware of the change to the state qualifying site practice policy. Schools wanting to practice on the state qualifying course need to contact the meet manager to see if the venue's management will allow competitors to practice on the course.

Reporting Meet Results – At the current time, the IHSAA and IGHSAA do not require cross country coaches to report their meet results. The Iowa Association of Track Coaches strongly encourages that coaches send their meet results to iaxcresults@gmail.com, so the IATC Cross Country Ranking Committee can adequately and fairly rank the top 15 teams in each class for both boys and girls. Both the IHSAA and IGHSAA use the IATC rankings to help determine state qualifying meet assignments. Again, there is no requirement to report your meet results or to use any particular software for managing and scoring your meets.

Course Markings – Both offices have received a number of calls and emails regarding the rule change to marking the course. Using a double line to mark the course is not required. Directional flags or sign posts are only required when the double line markings are used. A single line without directional flags or signposts is still an acceptable way to mark the course.

Inhalers – Per National Federation rules, an athlete may carry an inhaler with himself/herself during competition as long as he/she has a doctor's note indicating the inhaler is designed to alleviate asthmatic conditions. The doctor's note needs to be presented to the meet director or referee prior to the start of the meet. Coaches, if you have someone on your team that uses an inhaler, we recommend making several copies of the doctor's note and leaving them in your bag or binder, so when you arrive to a meet, you can simply pull out one of the notes and deliver it to the proper individual.

Contracted Meets – Each school and individual are allowed to compete in ten meets throughout the season, excluding the state qualifying and state meets. Schools should not be contracting for more than ten meets at any level of competition hoping one of the meets is canceled due to

weather. Both organizations feel they have a liberal policy when it comes to postponed or canceled meets. If a meet is postponed or canceled, the school can enter into another meet without permission from the IHSAA and IGHSAA.

Competitor's Uniform Adaptation – Again for the 2016 cross country season, the IHSAA and IGHSAA are making an adaptation to Rule 9, Section 6, Article 1, c7. The rule is revised to read: “Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer’s logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment.” **Visible undergarments worn by teammates no longer need to be the same color.** Officials no longer need to worry about whether the two inches of undergarment showing under the short are the same color on all competitors. Again, this adaptation is for garments worn underneath both the jersey top and short.

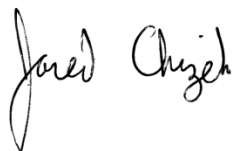
Varsity and Sub-Varsity Combined Races – As stated in the rules meeting, students ineligible at the varsity level under the General Transfer and Open Enrollment rules may not compete in combined varsity/junior varsity races. This interpretation is not new for the 2016-17 school year as it was first published in the 2007-08 IHSAA Handbook. We know there are many meets that combine both races for a number of reasons. A solution we are proposing to schools is to divide your varsity and junior varsity into two races and to start your junior varsity race five minutes after the start of the varsity race. For a boy/girl one class meet, meet managers are only extending the meet by ten minutes and all participants have a chance to compete on a particular day.

Wheelchair Competitors – We are uncertain about the number of wheelchair competitors we have this fall. It would be very helpful if you could notify our offices if you have any wheelchair participants in cross country this fall.

Junior High – We have received many calls this first part of the season asking if junior high cross country participants are required to have ten days of practice prior to their first competition in part to the new school start date. Neither organization requires a specific number of days of practice prior to a junior high participant’s first cross country meet. Junior high cross country teams are allowed to participate in seven meets.

We will be communicating with you any issues and concerns that are brought to our attention. As coaches and officials, please do not hesitate to contact us if you have any questions throughout the season.

Sincerely,



Jared Chizek
Assistant Director



John Overton
Assistant Director