



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



August 25, 2014

Dear Cross Country Coaches and Officials-

We hope that you and your team are off to a great start to the season. After a relatively cool first week of practice, the warmer temperatures and higher humidity have returned just in time for the beginning of the competitive season. As in the past, we cannot emphasize enough the importance of hydrating your athletes prior to, during, and after practice. Please review the slides in the online rules meeting and familiarize yourselves with this information as it is almost certain there will be at least one more warm weather pattern prior to the end of the season.

Online Rules Meeting – A reminder that both boys and girls head coaches must view the online cross country rules meeting. The meeting is available for attendance credit until 4:00 PM on Thursday, August 28, 2014. Officials, you are not required to view the meeting, but you are highly encouraged to do so. The meeting link can be found on either the IHSAA or IGHSAU web site. Please make certain that you view the meeting.

State Qualifying Meet Sites – The 20 state qualifying meet sites are now posted on both organizations' web sites. The state qualifying meet assignments will be posted during the week of October 6. The state qualifying meets will be held on Thursday, October 23, 2014, beginning at 3:30 PM for the three two-class sites and 4:00 PM for the single class sites. The rain date for the meet is the next day, excluding Sunday. The state meet will be held November 1 at Lakeside Golf Course in Fort Dodge.

Reporting Meet Results –At the current time, the IHSAA and IGHSAU 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 Bill Neal (bneal8888@gmail.com; please note the new email address) 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 IGHSAU 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.

Competitor's Uniform Adaptation –Again for the 2014 cross country season, the IHSAA and IGHSAU 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 1/4 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.

Jewelry – As mentioned in the online rules meeting, the NFHS Track and Field and Cross Country Rules Committee eliminated the jewelry rule beginning with the 2015 track and field season. The IHSAA and

IGHSAU are implementing the rule change for the 2014 cross country season. Athletes may now wear earrings, necklaces, bracelets, etc. during competition. Watches with GPS capabilities are still illegal.

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.

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