



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



September 10, 2014

Dear Cross Country Coaches and Officials-

We have had a little bit of everything the first couple weeks of competition with torrential rains and high temperatures and humidity, and judging from the forecast, the end of this week may be a little cool for only the second week in September. Even with the cooler temperatures, it is still important that you continue to stress proper hydration with your athletes.

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.

Illegal Uniforms – We would like to remind coaches that only one manufacturer’s logo is allowed on both the runner top and bottom during competition. The waistband cannot say “NIKE NIKE NIKE NIKE” all the way around the waist. The waistband can say “NIKE” one time in this case. We have already seen athletes wearing a bottom with “NIKE” around the waistband and the “Swoosh” on the leg. This would be an illegal uniform as the bottom has two logos. We understand that observation during the race is a warning and no one will be disqualified. Remember, no warnings are issued prior to the race. To start the race, runners must be in a legal uniform and should be asked to replace the illegal item (running top, bottom, or undergarment) if discovered in the starting box area.

Meet Postponements/Cancellations – With some of the weather early this season, we are certain a few meets have been postponed or cancelled. Remember that we do have a very liberal policy when it comes to rescheduling postponed meets and the scheduling of replacement meets for cancelled meets. You do not need to contact the Girls Union or Boys Association if you reschedule a postponed meet or schedule a replacement meet if a meet is cancelled. While the policy is very liberal, it was never the intent of the policy to have schools schedule a new event on the same day as an existing event or so near to an existing date that varsity contracts were not honored. Make certain your athletic director is involved in any of these decisions and that you do not exceed the 10 meet limitation.

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.

Reporting Meet Results – It is great to see that 35 meet results have been posted on the IATC web site. Again, both the IHSAA and IGHSAU use the IATC rankings to help determine state qualifying meet assignments. The key to rating accuracy is the submission of meet results. Remember the IHSAA and IGHSAU do not require

cross country coaches to report their meet results. We are again, on behalf of the IATC, requesting that if you host a meet, a set of results be sent to Bill Neal (bneal8888@gmail.com; please note the new email address).

We hope to get out to more meets in the coming weeks. As coaches and officials, please do not hesitate to contact us if you have any questions.

Sincerely,



Jared Chizek
Assistant Director



John Overton
Assistant Director