



**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 4, 2015

Dear Cross Country Coaches, Athletic Directors and Officials-

Judging from what we sent you at this time last year, our weather patterns have been almost exactly the same with torrential rains in parts of the state one week and high temperatures and humidity the next. We hope your kids have kept well hydrated this week, and it is important that they remain hydrated even as fall arrives with cooler temperatures.

**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.

**FitBits** – We have received multiple calls and emails from both coaches and officials in regards to FitBits. We know there are many styles of FitBits on the market, and each style can perform different tasks. With that being said, if the device can display the distance covered or track the competitor's heart rate in a race, the device is considered an aid and shall not be worn during competition. The penalty for using an aid during a race is disqualification. If in doubt, do not have your students wear these devices during competition.

**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 over 25 meet results have been posted on the IATC web site. Again, both the IHSAA and IGHS AU 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 IGHS AU 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 Greg Blank ([iaxcresults@gmail.com](mailto:iaxcresults@gmail.com)).

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