



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



Dear Cross Country Coaches, Athletic Directors and Officials:

We can't believe the first four weeks of the competition season have come and gone. We are again excited to see the large number of participants at all levels of competition at the meets we have been to so far this season. This a credit to you as coaches for promoting your sport and building interest in cross country. From our standpoint, it has been a very quiet first part of the season; however, a few questions have come up over the last week that we want to share with everyone as we move into the last half of the regular season.

**Distributing Liquids During Competition** – Multiple coaches and officials have contacted our offices about coaches, meet officials and spectators handing water bottles or cups of water to competitors during races. The rule book specifically addresses this topic stating providing liquids during competition is not considered to be an aid or assistance. With that being said, we would like meet management to work with coaches on this issue for the remainder of the year, as the 2017 rule book that will be sent to all schools this spring will officially state the games committee may provide liquids to the competitors rather than having each coach being responsible for it. While the rule book allows anyone to hand liquids to a competitor, we would prefer the liquids to come from coaches or meet management as both of these parties understand there are other competitors on the course. With spectators, we feel there is a greater likelihood of something happening such as tripping or bumping into a competitor from another school.

**Non-School Events** – Both organizations have had calls about students competing in road races and fun runs in your communities. These are non-school events and the participation of your students is governed by your school's non-school participation policy required by the Iowa Code. Remember, participation in these events is considered individual participation and school teams cannot compete as a team. Accordingly, when a group of students want to run in these events, and they all happen to be on the cross country team that is fine. It is important not to wear school equipment or use school transportation for these events. Doing those two simple things eliminate any concern about your school team participating. **Just make sure your students do not except a cash award or any award with a value greater than \$50.**

**Heat/Emergency Plan** – The thunderstorms that developed either during or shortly after competitions last Thursday showed the importance of each meet host having a plan in place to deal with adverse weather conditions (heat/cold/lightning) and other emergency situations that might arise at your meet. Starter/referees should converse with the meet host before competition begins about how certain circumstances will be handled if they develop.

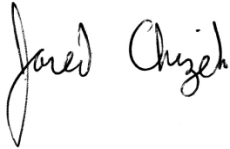
**State Qualifying Meet Assignments** – According to our manuals, State Qualifying Meet assignments will be released the week of October 3. We will review the October 4 IATC rankings and then make the final assignments. Please do not start calling our offices first thing Monday the 3<sup>rd</sup>, as the assignments will not be posted until later in the week when we receive the

IATC rankings. Keep submitting meet results to [iaxcresults@gmail.com](mailto:iaxcresults@gmail.com) as many of you have earlier this season to help make the rankings more accurate.

**Wheelchair Competitors** – We have not heard from any member school regarding having a wheelchair participant in cross country this fall. This is the last call for any member schools to let us know if they have wheelchair competitors.

Best of luck as we entered the last half of the season. Again, if we can be of assistance, don't hesitate to contact us.

Sincerely,



Jared Chizek  
Assistant Director



John Overton  
Assistant Director