



Iowa Girls High School Athletic Union

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Iowa High School Athletic Association

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April 1, 2013

Dear Track and Field Coaches and Officials,

The weather is improving but with cold temperatures and remaining snow cover meets are still being postponed or cancelled.

Order of Events / Complete Meets – We are having calls because of the weather about holding duals and triangular and only offering a limited number of events in order to post performances for Drake Relays qualifying. This practice is not allowed. If you are going to have a track and field meet then you are expected to have a full schedule of events, unless safety or venue conditions do not allow an event to be held. It is not right to hold a track and field meet for the benefit of a few athletes. High school track and field is about participation and giving as many students an opportunity to compete as possible.

Postponed / Cancelled Meets – We want to make certain that you understand that we have a very liberal rule regarding the re-scheduling or scheduling of new meets not previously on your schedule. We know with the Drake Relays entry date you would like to get some performances posted. You do not need to contact our offices if you are re-scheduling a meet or adding a meet to your schedule to replace a cancelled or postponed meet that you are now unable to attend. Just be careful that in doing so you do not exceed the allowed number of meets.

Uniforms – Sorry to have to bring uniforms into the discussion but we have had concerns submitted to our office. Track bottoms, whether traditional or biker type shorts, whether worn as the bottom or as an undergarment, have a limitation on the manufacturer's logo. There can only be one logo which cannot be more than 2 ¼ square inches. We are getting reports of students wearing Under Armour shorts that have the manufacture's logo completely around the waist band. These shorts are **illegal**. Officials should be warning the competitor and not allowing them to compete in the shorts. Further wearing of the same short by the warned athlete will be an event disqualification. This is not an early season cold weather issue, but an issue we need to get corrected now.

Administrative Changes – We may have failed to let you know of two administrative changes made by both organizations. The first change was recommended by the Track and Field Advisory Committee and approved by both boards. The change is very simple. The boys' shuttle hurdle relay will now run before the girls' shuttle hurdle relay. The manuals and online order of events reflect this change. The second change was an administrative decision and also approved by both Boards deals with running to the common finish. You can do whatever you choose during regular season meets, however at the State Qualifying Meets all races will run to the common finish. Even if races are able to use the FAT system they cannot be turned to gain a wind advantage.

Assistance From Videos and Pictures – We have had a couple of calls and emails regarding Rule 4-6-7g which reads: "A competitor views a videotape or any other visual reproduction of the competitor's performance prior to the completion of the competition." This means exactly what it says, the competitor may not view a

video or pictures of his/her performance until the event ends. There is nothing stopping a coach from viewing a video or pictures and then, from a non-restricted area, discussing technique with the competitor. In this age of all kinds of electronic devices capable of taking still pictures and shooting video you need to tell your athletes about this rule. Officials, it would not be a bad idea to address the competitors prior to competition beginning to remind them of this restriction.

Head Bands / Wrist Bands / Hair Control Devices – By rule, competitors may wear bobby pins, barrettes and hair clips, no longer than 2 inches, to control a competitor's hair. In Iowa we also allow the wearing of a single solid colored headband and wristbands. Such items must be unadorned, meaning they may only display one manufacture's logo or school name and logo. Such logos must be no more than 2 ¼ square inches with no dimension greater than 2 ¼ inches.

Iowa QuikStats – Two reminders about QuikStats. The performances are now being displayed as FAT performances. If you run at a meet and tell the system your times are FAT they will appear unchanged from the meet results. If you indicate the meet was manually timed, the time you enter will be adjusted by a +.24 seconds to reflect a FAT. We are working with ASPI to create a more simplified way for results from meets scored in Hy-Tek to be posted to QuikStats. We expect this option to be in place by the end of the week. We will send a second email providing instructions on how this process will work.

Scholarship Rule Ineligibility – We are in the timeframe right now when students who failed a class are sitting their 30 calendar days. Those students will be eligible to compete on April 10th.

Coaches and Athletic Directors – We are getting a number of emails returned to us because we have an incorrect email in the IHSAA database. We are also getting emails telling us that individuals are no longer the track and field coaches but the database has not been updated. Athletic Directors need to login to the IHSAA database and make certain you have the correct coaches listed and that the email address for the coach is correct.

Please do not hesitate as coaches and officials to contact us if you have questions throughout the season. Many of the items brought to our attention need to be shared statewide in future letters.

Sincerely,



John Overton
Assistant Director



David Anderson
Assistant Executive Director