



Iowa Girls High School Athletic Union

PO Box 10348 - Des Moines, Iowa 50306 - (515) 288-9741

Iowa High School Athletic Association

PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



May 2, 2013

Dear Track and Field Coaches and Officials,

This will be our last letter to you for the 2013. What a miserable season it has been. We have snow on the ground again today and we know many of you are struggling to have your conference meets. We have our fingers crossed for good weather for the State Qualifying Meets and the State Championships.

State Qualifying Meet Entries – Each track and field school was sent a first class letter addressed to the Athletic Director. The letter was mailed from the IHSAA office on Wednesday, April 24. If you have not seen the letter you need to visit with your AD. AD's if you have not distributed the letter to your track and field coaches you need to do so. All of the instructions, requirements and passwords necessary to submit your entries are in this letter. As you know, the State Qualifying Meets will be held on Thursday, May 9. Entries for the meet will be done online and **the entry deadline is 10:00 am on Tuesday, May 7**. Don't wait until the last minute to complete your entry. Also try to make the entry as close to your competitors at the meet as possible. Make sure you enter the names of your relay runners. This will be your list of six for the State Qualifying Meet and the State Meet. You can make substitutions before the meet begins. Those six runners will be your pool for the state meet. A copy of the letter and a copy of the State Qualifying Meet manual is posted on both of our websites. You need to review this information.

National Federation Track and Field Questionnaire – We are still asking you, as coaches and officials to participate in the NFHS track and field questionnaire. Below is the information received from the NFHS regarding the track and field questionnaire. Please take a few moments and complete the questionnaire.

You have been invited to take part in the NFHS rules-writing process by taking the annual track and field rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Track and Field Rules Committee.

THE QUESTIONNAIRE WILL CLOSE ON MAY 13, 2013

To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. We thank you in advance for your participation.

➤ <http://www.nfhs.org/questionnaire/>

Iowa QuikStats – With the bad weather we have had and all of the cancelled meets it is still important that you have your performances entered on Iowa QuikStats before for the State Qualifying Meets. The posted performances will be the verification of your State Qualifying Meet entry. You should be entering results exactly as they appear on the meet results provided to you. When you enter the results, you must properly indicate if the meet used FAT or manual timing. If the meet used FAT, the times you enter will not change. If the meet used manual times, your time will be converted to FAT.

Headbands – We continue to get calls about illegal uniforms, particularly headbands. Iowa guidelines allow headbands that are a single solid color and unadorned except for a manufacture's or school logo. Unadorned means no beads, sequins, glitter or any other decorating material.

Throwing Instruments – You need to make certain you have weighted and inspected your shots and discuses. This will be done at the qualifying meet and the state meet. The weights and measures people at Drake told us there were a number of illegal instruments confiscated at Drake. If the shot has indentions and is not round it will be declared illegal. Evidently some shots have an inscription with the weight that is indented into the shot. This is an illegal device. If you bought one recently take it back to the vendor.

State Meet Information – Just a reminder that the State Track Meet will be held May 16, 17 and 18 at Drake Stadium in Des Moines. We will soon start posting additional information on our websites. The schedule is the same, but the performance time of the classes has rotated. A copy of the schedule can be found on our websites. State meet packets will be sent to qualifying schools by United Parcel Service after the State Qualifying Meets. If you know of people interested in helping at the state meet, please let our offices know. We are always willing to welcome new officials and workers.

Bag Check At State Championships – We have been notified by Drake University that there will be bag checks at all entrances to Drake Stadium. Please help us in notifying your fans that they can expect delays entering the stadium if carrying bags. Backpacks will not be allowed for the general public.



USATF National Championships – Tickets for the USA Track and Field National Championships to be held in Drake Stadium in Des Moines are now on sale. The Championships will be held on June 19-23. You can go to our websites and find a link to purchase tickets.

Again, we are hoping for better weather as we conclude the track and field season. It has been a tough go but hats off to you officials and coaches who have braved the elements. From the Drake Relay performances it also appears our students have been making the best of it as well.

Sincerely,

John Overton
Assistant Director

David Anderson
Assistant Executive Director