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Iowa High School Athletic Association
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TO: Athletic Directors, Track and Field Coaches, and Track and Field Officials

SUBJECT: 2014 Track and Field Information

It has not been a very good spring for track and field so far. Last Saturday the high was 86 and then on Monday morning the ground was white with snow. Unfortunately we have had some very windy days. We want to share some information about items that have been brought to our attention.

STATE QUALIFYING MEET ASSIGNMENTS - The individual school assignments for the State Qualifying Meets were posted on our websites Wednesday morning. You can now go into QuikStats and sort performances by Qualifying Meet sites.

ORDER OF EVENTS - We have had a few calls about meets not running the prescribed order of events. The order of events for a variety of meets, boys only, girls only, coed, are found on our websites. The expectation is that regular season meets will use these order of events. We understand that you may choose to insert events that can be run under National Federation Rules, and that is permissible. However, the other events in a meet with events inserted should still be run in the order found on the websites.

QUIKSTATS - We had our first QuikStats check yesterday. Over twenty schools were notified that they had not posted results to QuikStats. This is not an option. Both the IGHSAU Board of Directors and the IHSAA Board of Control have mandated that performances must be posted on Iowa QuikStats. Both organizations have a significant consequence for coaches or schools who do not meet this requirement. In addition to the calls we have had about performances not being posted, we have also had calls about performances not being entered using the method of timing, FAT or hand held, that was used at the meet were the performances occurred. Even if the results are being imported directly from a meet, it is still the school's responsibility that the performances entered reflect the correct method of timing. All of the performances showing are either FAT times or converted hand held times. If the performance is a converted hand held time, the letter H appears behind the performance. If any of your performances were hand held and do not have the H, you should be adjusting those performances.

REVERSING RACES - We have had calls about whether local meets are allowed to reverse races to take advantage of the wind. Neither the IGHSAU or the IHSAA recommends this practice. However, neither organization has a policy that prohibits this from happening at local meets. As you all know, races will not be reversed and will be required to run to the common finish at the State Qualifying Meets and the State Championships.

HEAD BANDS, COMPRESSION SLEEVES, SOCKS - We continue to get calls about all of the items mentioned in this heading. Let's take them one at a time. **Headbands** - Any type of bands worn, whether headbands, wristbands, ankle bands, etc.; must be a single solid color and unadorned except for a single manufacturer's or school logo and no larger than 2 1/4 square inches. The question has been raised regarding

braided headbands. Braided headbands are allowed. However, they cannot be braided beads, they can only be braided material. The material used to braid the headbands must be a single solid color, and that color must be used for all of the braids. A braided red and white headband is not legal. **Compression Sleeves** - In Iowa, we do not require a medical professional's statement for compression sleeves to be worn regardless of where they may be worn on the body. Some states do this and limit compression sleeves only when medically necessary. As said, we don't do that but we do require that any compression sleeve must be a single solid color and unadorned except for a single manufacturer's logo or school logo and no larger than 2 1/4 square inches. **Socks** - Socks are not considered part of the uniform and are not covered by any portion of the National Federation uniform rules. We have chosen not to restrict socks in Iowa as well. With that said, there is an increasing number of flamboyant socks being worn by our competitors. The purpose of track and field competition is not to draw attention to oneself, but to have the opportunity to compete. If there is continued observance of flamboyant socks, whose primary purpose is to draw attention to an athlete, you can expect regulations on socks in the very near future. We don't want to spoil the fun, but we do expect the focus of competitors and spectators to be on the running, jumping and throwing, not on what competitors are wearing.

THROWING IMPLEMENTS - We have had an unusually high number of calls about throwing implements that have indentations or holes that can cause a competitor to gain a grip advantage. The most recent inquiry was about the shot you see below. By rule the weight marking indentation are legal if they do not create a grip advantage. We see the weight indentions on this shot but have no reason to believe they are illegal. What does cause concern on this shot are the two holes on the fill cap. Possibly they are there for a tool to be used to open the fill cap. We submitted this photo to the National Federation Track and Field Rules Editor. She confirmed, as we believed also, that this is not a legal shot. The two holes on the fill cap provide an opportunity for fingertip insertion thus gaining a grip advantage. What is disappointing is that a major sporting goods distributor in Iowa tells us they have sold many of these shots in the past and recently. If you have a shot like this, do not be surprised if it is removed from competition at the State Qualifying Meet or the State Championship. If you are hosting a meet, make certain your throwing officials have the basic knowledge need to identify illegal instruments.



COMPETITORS EXCUSED TO COMPETE IN ANOTHER EVENT - We have had this issue raised before. Rule 3-2-3 states: "The games committee has the authority to determine: o. Time limit and procedure to follow when competitors are excused to compete in another event." Our guidance has always been that a competitor excused to another event must have a specific timeframe in which they must return and compete. This rule is not intended to allow a competitor to be excused to warm up, compete and warm down. They are excused to "compete." A time needs to be set and recorded on the event sheet and if the competitor does not return, then go on without them. A reasonable time for most events is 10 minutes. There may be some event conflicts like the 4 X 800, Medleys, 3000 and 3200 that may require more time. This is particularly a problem in the high

jump where if a competitor is gone for a long period of time and other jumpers must wait before the bar can be raised. Competitors need to stay at their event until the running event is ready to go. When their portion of the running event ends they need to return to the field event immediately.

STATE QUALIFYING MEET ENTRIES – We are again including this portion of our last letter to avoid any misunderstanding of the new State Qualifying Meet entry procedures. State Qualifying Meet entry information will be mailed to your schools the week of April 28th. Those mailings will be sent to the Athletic Director at your school. There are new regulations in place this year for your State Qualifying Meet entries. They were well explained in the online rules meeting but we are going to state them here again so there is no misunderstanding about the process. All entries for the state qualifying meets will be done online. The entry deadline for all classes is 10:00 am on Wednesday, May 14. **The entries will close promptly at 10:00 am.** Coaches should have their entries finalized no later than 9:00 am. Coaches, you are being allowed one additional day to complete and declare your entry. There will not be a scratch meeting at the state qualifying meet. **All scratches or substitutions must be sent by email to the Qualifying Meet host no later than 10:00 a.m. the day of the meet, Thursday, May 15, 2014. No substitutions will be allowed after that time. Scratches after that time will count as an event. Emergency situations will be considered and can only be approved by the IHSAA or the IGHS AU.** This is a new regulation that has been put in place to assist meet hosts and control abuses of substitutions and scratches occurring at the scratch meetings. Some of you may be asking how I challenge the time entered by other schools. The answer is you can't. Rather than disrupt the meet with these limited concerns, you will send those concerns to either the IGHS AU or the IHSAA. We can assure you, that if schools purposely enter incorrect times or distances for the State Qualifying Meet, that both governing bodies will take action that will significantly affect that school if they qualify for the state meet. If they do not qualify for the state meet, there will be significant restrictions placed on that school for the next track and field season. This type of unethical behavior will not be tolerated, so coaches be forewarned, and make sure your State Qualifying Meet entries are legitimate and verifiable performances.

STATE QUALIFYING MEETS & STATE MEET – The State Qualifying Meets will be held on Thursday, May 15, 2014. State Meet will be held Thursday-Saturday, May 22- 24, 2014. The State Meet schedule does not change this year. Class 1A and Class 4A will compete in the morning and Class 2A and Class 3A will compete in the afternoon. More State Meet information will be shared later in the season.

There will be more information provided to you as the season progresses. Coaches and officials please do not hesitate to contact us if you have questions or concerns. We will share those in future correspondence.



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