



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



May 7, 2015

It's hard to believe that the state qualifying meets are just a week from today. From our perspective it has been a very quiet track and field season with the number of questions and concerns both offices have received since our last memo. However, with the qualifying and state meets approaching quickly, we have received some great questions and should benefit everyone for those two meets.

SHUTTLE HURDLE RELAY – We have received calls from both coaches and officials regarding the exchanges in the shuttle hurdle relay. The “rolling start” is not legal and is subject to disqualification. The outgoing runner must be completely motionless immediately prior to his/her start. Each outgoing runner must have a discernible pause between his/her “set” and “start,” just like any other runner starting a race of 400 meters or less. The outgoing runner cannot leave the blocks until the incoming runner's torso has crossed the break line. We know that many regular season meets have only one or two individuals judging exchanges during the shuttle hurdle, and some questionable exchanges occur and are considered legal. At the state meet, at least two judges will be assigned to each lane during the event, which tends to result in a number of disqualifications due to the two items addressed.

RELAY MEMBER UNIFORMS – We have received a couple of questions regarding relay member uniforms, particularly if it is legal for one member to compete in a one-piece “speedsuit” while the other three members wear the traditional two-piece uniform. This is a legal practice. The style of the relay member uniforms may be different, but the design and color of the uniforms have to be the same. With that being said, it is not legal for the “speedsuit” to have a blue panel insert on both sides of the uniform, while the three traditional uniforms are all white in color. Also, a reminder that Iowa has made an adaptation to the NFHS Track and Field Rule Book in regards to undergarments worn by relay members. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom shall be unadorned and a single solid color, but not necessarily the same length. With this adaptation, it is legal for one relay runner to have on black compression shorts while another runner wears white compression shorts.

QUIKSTATS – Most of our member schools have done an excellent job of updating their QuikStats within 24 hours of competition. Also, a large majority of our schools are using the upload feature through ASPI Meetz, so participating schools do not have to manually key in results into the web site. The only issue we have come across is that we still have schools not entering their relay runners into the system. This was a new requirement passed by both organizations' boards for the 2015 season and was noted in the rules meeting.

STATE QUALIFYING MEET ENTRY DEADLINE – All coaches and athletic directors should have received a letter from the IHSAA office during the week of April 27 which included the usernames and passwords for both your boys and girls teams. Entries for the meet close at **10:00 AM, Wednesday, May 13**. Coaches should have their entries finalized no later than 9:00 AM. On average, the staffs of both the IHSAA and IGHSAA make over 50 phone calls on the day the entries close to member

schools as their coaches have not declared their entries in a timely manner. Do not jeopardize the participation of your students by not meeting this deadline.

STATE QUALIFYING SUBSTITUTIONS AND SCRATCHES – Coaches have until 10:00 AM, Thursday, May 14 to scratch an athlete or to make a substitution without penalty. These scratches and substitutions should be sent directly to the respective qualifying meet manager. **This is the final opportunity to declare your six relay runners who will be eligible for the state meet.** Per a recommendation of the Track and Field Advisory Committee, meet managers may reseed an event as a result of scratches and substitutions. After 10:00 AM, Thursday, no substitutions will be allowed. Scratches after that time will count as an event. Emergency situations will be considered and can only be approved by the IHSAA or the IGHSAU. If an athlete qualifies for the state meet and decides to scratch during the state meet, that scratch will also count as an event.

STATE QUALIFYING MEET MANUAL – The State Qualifying Meet Manual is posted on both web sites. This manual provides information you will need to know about the State Qualifying Meet. Please note that field events begin at 4:00 with Boys High Jump and Discus and Girls Long Jump and Shot Put. **NOTE THIS IS A CORRECTION OF WHAT WAS INITIALLY SENT OUT TO MEET MANAGERS AND POSTED ON THE IHSAA AND IGHSAU WEB SITES.** All items highlighted in yellow have been added since last year's manual, and all but the change in jewelry rule were recommendations from the track and field advisory committee.

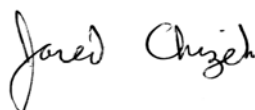
STATE MEET QUALIFIERS – After we received the scored HyTek files from each of our sites, we will begin the process of determining state meet qualifiers. As soon as we have a qualifying list, we will post a list of qualifiers on the appropriate web site. **Do not expect to see a final list of qualifiers until early Friday afternoon.** As stated in the State Qualifying Meet Manual, please review your qualifying meet results Thursday before leaving your meet site. If a performance was entered incorrectly into the HyTek software, it is easier to fix it Thursday night before qualifiers are posted Friday. From our standpoint, it is not a lot of fun notifying a school that a particular event has not qualified after a list of qualifiers has been posted as a result of our organizations receiving incorrect results from the night before. Heat and lane assignments will be posted as soon as they are available. Schools with state meet qualifiers will be sent state meet information by UPS from the Girls Union on Monday, May 18. They will include printed state meet information and your wrist bands for entry into Drake Stadium. Please read the information and follow any instructions you receive. All of the printed materials in those packets will also appear on the web sites. **We have had this question asked in the past, so we will share this again with all of you. Drake Stadium is closed on Wednesday, May 20. No team or individual students should come to the stadium expecting to practice or just to walk around and view the stadium.**

We hope that the next two weeks go smoothly for you and your team. We also hope the weather cooperates to allow your students to perform at the high level they are capable of.

Sincerely,



John Overton
Assistant Director



Jared Chizek
Assistant Director