



***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 4, 2016

It's hard to believe that the state qualifying meets are just over a week from today. Your student athletes should be commended for the outstanding performances they have had this spring competing in far from ideal conditions. Hopefully the weather cooperates for the last part of the season to give your kids the chance to do some special things at both the state qualifying meet and on the blue oval. Again, we have had a quiet season from the number of questions and concerns received. However, with the qualifying and state meets quickly approaching, we have received some great questions that should benefit everyone for those two meets.

**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. We do however require that any compression sleeve worn 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.

**WATCHES** – Even before the rule prohibiting jewelry was eliminated, students were allowed to wear watches during competition as long as it was worn around the wrist. Since our last memo, we have been asked if a watch can beep at specific intervals throughout a race or would this beeping be considered unfair assistance. The NFHS addresses this specific example in the case book. Current NFHS rules do not prohibit a beep from a watch that may be distracting to other runners and/or also serve as a pacing aid.

**THROWING IMPLEMENTS** – At both the state qualifying and state meets, all throwing implements will be inspected and weighed prior to competition. The discus shall not have any indentations, projecting points, or sharp edges. The shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip. The girls' discus weighs 1.0 kg (2.205 lb.), while the boys' discus weighs 1.6 kg (3.527 lb.). The girls' shot weighs 4.0 kg (8.818 lb.), while the boys' shot weighs 5.443 kg (12 lb.). All legal implements weighed and inspected at the state qualifying and state meet are community property.

**QUIKSTATS** – As we have stressed throughout the season, all state qualifying meet seed times need to be verified through QuikStats. Any time discrepancies (faster or slower than what is posted on QuikStats) will result in "No Time" seed time. No split times are allowed for individual event seed times. When entering results into QuikStats, please be sure that the correct timing method (FAT or Manual) is selected.

**STATE QUALIFYING MEET ENTRY DEADLINE** – All coaches and athletic directors should have received a letter from the IHSAA office during the week of April 25 which included the usernames and passwords for both your boys and girls teams. Entries for the meet close at **10:00 AM, Wednesday, May 11.** Coaches should have their entries finalized no later than 9:00 AM. On average, the staffs of both the IHSAA and IGHS AU 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 12 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.** 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 Long Jump and Discus and Girls High Jump and Shot Put. All items highlighted in yellow have been added since last year's manual, and all 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. There will be no more than 24 qualifiers in any event. It has been brought to our attention that the letter sent to schools on April 25 has conflicting information to what was posted in the rules meeting and both the regular season and state qualifying meet manuals. **The rules meeting and manuals are correct.** If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The last school name alphabetically will become the qualifier. 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 on Monday, May 16. 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 18. No team or individual students should come to the stadium expecting to practice or just to walk around and view the stadium.**

Don't hesitate to contact either office if you have a question over the next two weeks.

Sincerely,



John Overton  
Assistant Director



Jared Chizek  
Assistant Director