



***Iowa Girls High School Athletic Union***

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***Iowa High School Athletic Association***

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September 10, 2009

Dear Cross Country Coaches and Officials,

It has been a fantastic fall so far. Neither the Girls' Union nor the Boys's Association have had many calls regarding any cross country competition. If you have any questions or concerns do not hesitate to give us a call or send an email.

We do want to cover just a few items.

Last year the National Federation made a ruling regarding the use of a GPS during competition. A competitor is allowed to wear a wrist watch, however, that watch cannot have any type of GPS included. It is an unfair advantage for runners using a GPS during competition. We understand that many runners have watches capable of providing the runner with time, distance, pace, etc. These devices can be used during training, however if used during competition, the competitor will be disqualified. Coaches, make certain your runners are not wearing these devices during competition.

There has been some discussion in recent years regarding "pacing." The National Federation Track and Field and Cross Country Rules book clearly defines pacing as something being done by "a teammate **not in the race** or persons not participating in the event." It is not possible for teammates in cross country to be disqualified for "pacing." It is a very common practice for teammates to fall back to assist another teammate who may not be keeping pace or needs encouragement. This does not allow a runner to interfere with another competitor during the race. Slowing the pace to block another runners progress could be considered interference and result in disqualification.

With the good weather so far, we have not had questions regarding wearing of hats and gloves during competition. We are certain that there will be days as the season progresses when the need to protect student athletes will arise. Remember, meet managers determine if hats and gloves will be allowed. Once that decision is made, all teams should be notified that hats and gloves will be allowed. Coaches, remember these simple rules. If your runners wear hats and gloves they must be unadorned, single, solid color and are being worn only for the athlete's health and safety and not to draw attention to the athlete. A single manufacturer's logo/trademark or school name/emblem, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the hat and gloves. Nothing in the rules say that all of the gloves or hats of teammates must be the same single, solid color.

We have already posted the district/regional sites on our websites. The final district/regional assignments will be determined following the receipt of the IATC rankings on Wednesday, September 30. You can expect to see the final assignments posted no later than Monday, October 5. Remember that the one class district/regional meets will begin at 4:00 pm. The two class district/regional meets will begin at 3:30 pm. The meets will be held on Thursday, October 22.

The state meet will be held in Fort Dodge on Saturday, October 31. We will be using the same time schedule and format as we have in the past.

As was stated earlier, if you have any questions or concerns, please do not hesitate to contact either office. We certainly hope that the great fall weather continues through the state championships the end of October.

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