

Dear Cross Country Athletic Administrator, Coach and Official

The fall is going by very quickly. Fortunately, we have had some excellent weather for cross country competition. Statewide both the boys and girls are performing extremely well. There should be an exciting finish to the season. Just a few things we want to share with you.

We have been receiving emails and telephone calls about when the state qualifying meet assignments will be posted. Both organizations have information about this on the websites. We will receive the final rankings from the IATC on Wednesday, September 28. The two staffs will then meet together to determine the final assignments. We usually meet, make the assignments and then seek other staff input and then meet a second time to finalize the assignments. We believe you should expect to see the assignments posted on our websites no later than noon on Monday, October 3.

We have had some calls about the legality of the Vibram FiveFingers shoes. These shoes are legal. There are two important factors. 1. The shoes must have an upper and definitely recognized sole and heel. 2. The shoe upper must be designed so that it can be fastened securely to the foot. There have been some instances of officials not allowing these shoes. These shoes are legal.

We have three students participating in cross country using a wheelchair. The students are all boys and the cross country schools have been notified of the regulations that must be adhered to. If you are an officials starting a meet involving a wheelchair competitor do not be concerned about the legality of the device being used. The wheelchair participants receive the same starting commands as other participants and the IHSAA has deemed the three chairs being used to be legal.

A question has been raised about arm sleeves. There was a slide in the online rules meeting regarding the wearing of arm sleeves. These arm sleeves are not considered an undergarment and are legal as long as the local meet host has not made a decision that they may not be worn.

David Anderson was present at a meet in Cedar Falls where a student collapsed in the chute following a race. The student required CPR and a shock from an AED. The student survived. The important thing is for all of us, administrators, coaches and officials to be reminded of the importance of the safety of our students. Make certain that the necessary equipment and personnel are present at your meets to assure the safety of the competitors.

In the meets we have attended, we have seen approximately 4000 students have the opportunity to compete. There have been a large number of spectators and great support and enthusiasm for the students competing. Let's all strive to keep cross country the outstanding sport it has become.

Please do not hesitate to contact us if you have any questions or concerns.

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