



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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Dear Track & Field Administrators, Coaches and Officials:

It has been an unusually good late winter for track and field. Many administrators and coaches have been making comments about how great it has been to be outdoors. We hope the good weather will continue with the arrival of spring. We want to cover a few items for the upcoming season.

Rule Changes - There were very few significant rule changes this year. For officials, the change in Rule 3-9-2, requiring that starters use a closed barrel starter's pistol was a major change. The National Federation has been reviewing this change and the final interpretation is that the starter's pistol **must be incapable of firing live rounds**. The pistol can have an open barrel, however, it can not fire live rounds. In spite of the change to Rule 3-9-6, Iowa starters should use a 32 caliber pistol at all outdoor meets. Another minor change is in Rules 6-4-9c and 6-5-9c, regarding throwers entering and leaving the circle. Throwers can enter the circle from any direction and must exit through the back half. This change allows throwers to enter the circle and leave the circle before beginning an attempt, as long as the attempt is completed in one (1) minute. The only other change, found in Rules 7-4-11 and 7-5-18 eliminate the use of a cloth marker on crossbars.

IHSAA Changes - We have had some policy changes that need to be noted by administrators, coaches and officials.

- 1.) **District meets** for all classes will be held on Friday this year with the rain date being Saturday. The date for the district meets is May 15. Districts will begin at 4:00 pm. District sites and assignments have been posted on the IHSAA website. We will be scoring eight (8) places and awarding eight (8) medals at the district meets. The break at the district meet has been increased from thirty (30) minutes to forty-five (45) minutes.
- 2.) **Hurdle heights** for the 4 X 110m shuttle hurdle relay have been changed to 33 inches. There is no change in the 400m hurdles or the 110m high hurdles. Also, there are no changes in any of the Junior High hurdle heights.
- 3.) The **state meet order** rotates this year. The order of events is unchanged, however Class 1A and 4A will compete in the morning sessions and Class 2A and 3A will compete in the afternoon.

QUIK Stats – Coaches are required to post meet results to QUIK Stats. This is not the responsibility of the host school at a meet, but the responsibility of each coach following a meet. QUIK Stats is operational now for track and field. The 2008 roster can be imported and the grade of the student athletes has been advanced one year. Coaches will need to add new squad members and eliminate those no longer on the squad. Other sports (football, basketball, baseball) now have requirements for coaches to put the stats on QUIK Stats. There is a significant consequence for their not doing so. The only current track and field consequence is that performances not listed on QUIK Stats will not be accepted entry marks for the district meet. Let's all support track and field by keeping this information current. Do not be surprised if your athletic administrator receives a call from the IHSAA office if you are not entering your performances.

District Entries – Information will be sent to your schools later in the season regarding district entries, however the process will be unchanged. Because of the districts all being held on Friday, the district entry deadline will be noon on Wednesday, May 13, 2009. There can be no additional entries made at that time. At the district scratch meeting you will be able to scratch competitors or replace competitors. There will be no change in the seeding of the meet due to scratches or replacements. The entries will be online and more information and a password will be sent to your school, the last week of April.

Official Assignments – District and state starter and referee contracts have not yet been sent. That will be done the last week of March. We have done a mailing regarding other official positions at the state meet. We appreciate all of you who give so much of your time to work at the state meet. We always welcome new officials, so as administrators, coaches or officials, if you know of anyone interesting in working at the state meet, please have them contact our office.

Rules Meetings – The rules meetings are all completed for this spring. We hope that the online meeting was helpful. You may be interested in knowing that 831 coaches, 122 officials and 82 "unaffiliated" people participated in the online meetings. Based on your comments, we will continue to offer online meetings in the future.

We are looking forward to a great 2009 track and field season. If you have any questions or concerns, please do not hesitate to contact our office.

Sincerely,

David Anderson