



Iowa Girls High School Athletic Union

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Iowa High School Athletic Association

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April 17, 2012

Dear Track and Field Coaches and Officials,

We want to share some information regarding questions and issues that have been brought to our attention.

Iowa QuikStats - We have notified the schools that are not in compliance with posting performances on Iowa QuikStats. Remember posting performances is no longer optional. Both the Board of Directors and the Board of Control have taken action requiring track and field performances be posted. Only **varsity** performances should be posted.

Pacing - There have been some very unusual happenings reported in this area. One was a 1600 meter run where a teammate running in the race paced his teammate for the first lap, then at the 200 mark of the second lap ran in place while the field ran the third lap, and then joined his teammate to pace him for the final 200 meters of the last lap. The runner not completing the race was disqualified, but the rules do not have a penalty for pacing by a teammate in the race. It would have been our decision, that the teammate had been disqualified for not properly running the race and was no longer a race participant, and his running the final 200 with his teammate would then violate 4-6-7b and the teammate being paced would be disqualified as well. There is no place for this nonsense in high school track and field. What this will ultimately lead to is an “honest effort” clause in the rules where such behavior will result in disqualification from further participation in the meet.

Jewelry - We know that you did not receive a Track and Field Rules Book this year as we have gone to providing rule books on alternating years. We did cover any rule changes in the online rules meeting which many of you viewed. Just a clarification, the rule prohibiting jewelry did not change. Jewelry is not allowed. The process for dealing with jewelry being worn and the consequence did change. Last year, each team was allowed one warning and then subsequent violations resulted in disqualification. This year, there is no longer a team warning, but an individual warning. For example, team member A enters the discus circle wearing an earring. The athlete is warned and the coach notified of the violation. Later in the meet, team member B is discovered wearing a necklace in the 4 X 100 meter relay. Team member B is warned and the coach is notified. There is no disqualification. Coaches, you are responsible for your students being in a legal uniform and the wearing of jewelry is illegal.

Headbands - Both organizations have a statement in our manuals dealing with headbands. That statement says: **“Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacture’s logo or school name or logo. Such logo must be no more than 2 ¼ square inches, with no dimension greater than 2 ¼ inches.”**

400 Hurdles - There has been no change to the height of the hurdles for the high school 400 meter hurdle race. The height of the hurdle is **30 inches**. Remember these heights for high school hurdle races: Girls 100 meter hurdles and boys and girls shuttle hurdle relays - 33 inches. Boys 110 meter hurdles - 39 inches. Boys’ and Girls’ 400 Meter Hurdles – 30 inches. We will address Junior High hurdles in another paragraph.

Relay Uniforms - Again, there has been no change in the rule addressing the uniform requirements for relays. Here is the wording from 4-2 . . . “Additional restrictions for relay races. a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length. NOTE: Visible items worn under both the top and bottom do not have to be the same color.” You can have three relay athletes wear the traditional top and bottom and the fourth wear a one piece body suit. However, the top and bottom colors or single color must be the same on the body suit. The simplest thing to do as a coach is not allow the mixing of the two uniform styles in a relay. If you choose to do so, the top color and the bottom color must be the same.

Junior High - Hurdles. There has been no change in the junior high hurdle heights. In all junior high hurdle races, the height of the hurdle is **30 inches**. This is for all junior high hurdle races, boys and girls. *Throwing Implements*. We have both been getting questions about the weight of junior high throwing implements. It is really very simple, both junior high boys and girls, shot and discus, throw the same implements. The junior high shot weighs 8.81 pounds or 4.0 kg. The junior high discus weighs 2.20 pounds or 1 kg. The instruments are the same weight as those used by the high school girls.

Drake Relays - Many of you will be submitting Drake Relay entries in the next few days. Remember, posting your performances on Iowa QuikStats does not enter you in the Drake Relays. It is a completely separate process. Also, the IGHSAU and the IHSAA have no part in the selection of the competitors for the Drake Relays. If there is a question or concern about Drake Relay entries, do not contact our offices. We are not able to assist you.

State Qualifying Meet Entries - State Qualifying Meet assignments are now posted on our websites. We will be mailing the entry information to our schools on Friday, April 27. A copy of the letter will be posted online, but the letter received in the mail will have the boys' and girls' username and password.

State Meet Officials - The state meet will be May 17-19 and will be held at Drake Stadium in Des Moines. Being a state meet official does not require a registration with either the IHSAA or IGHSAU. If you know of qualified people who work your regular season meets, and may be interested in helping at the state meet, have them contact David Anderson (danderson@ihsaa.org) at the IHSAA. We will finalize our state meet assignments and mail information to our officials following the Drake Relays.

Please contact our office if you know of rule situations that need to be brought to the attention of coaches and officials statewide. We will include those items in future letters to coaches and officials.

Sincerely,



John Overton
Assistant Director



David Anderson
Assistant Executive Director