



**Iowa Girls High School Athletic Union**  
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**Iowa High School Athletic Association**  
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State qualifying week is upon us. We know each of you are busy putting together your meet lineups, but we've received a few questions over the last week that are specific to the qualifying and state meet that should benefit everyone.

**Heat and Hydration** – Spring elected not to make an appearance in 2022 and we've gone straight from winter into summer. Coaches, you need to be stressing hydration throughout the day to your athletes this week as they prepare for Thursday. Regardless of if they are a sprinter or a distance runner, the heat may have some sort of impact on the athlete. Also, we are not changing the order of events for the state qualifying or state meet. The schedule posted online and in the state qualifying meet manual is the order all 32 sites will follow Thursday.

**30-Meter Exchange Zone** – Based on conversations we have had with coaches and athletic directors since our last memo, we believe we have the 30-meter exchange zone down in terms of where the outgoing runner must start. However, now we are getting concerns regarding relay markers. Relay markers (tape, rubber strips, popsicle stick) may be placed outside of the 30-meter zone as they were allowed to when the exchange zone was 20-meters. Only the athlete's body must be positioned entirely within the exchange zone.

**High Jump** – There was an error in the State Qualifying Meet Manual posted on the IGHSAAU web site. Please note the opening height for 1A and 2A girls has changed to 4'4" with the starting height for the 3A and 4A girls is 4'6".

**Relay Contestants** – Based on prior years' experience, at some point Thursday a meet manager will call us with the following scenario: "In the sprint medley relay, Team A could not legally complete the exchange between the first or second runner. Are all four runners charged with an event or just the first two runners?" In the above scenario, all four runners are charged with an event once they report to the clerk of course. The same would be true if the leadoff leg was called for a false start.

**Relay Card** – All six athletes listed on the relay card are eligible to compete at the qualifying and state meet. For example, Athlete A is entered in three individual events and is scheduled to run in the 4x100 and to be an alternate in the 4x200 this Thursday. Let's assume all five of those events qualify for the state meet. Nothing prevents the coach from putting Athlete A in the 4x200 and to move him as an alternate in the 4x100 at the state meet as he was listed on both relay cards. Coaches, if you have further questions on this specific topic, please do not hesitate to reach out.

**State Qualifying Meet Manual** – The State Qualifying Meet Manual is posted on both web sites and can be found at the following link: <https://www.iahsaa.org/manuals/track-field-postseason/> This manual provides information you will need to know about the State Qualifying Meet.

**State Qualifying and State Meet Tickets** – Tickets for the state qualifying meet went on sale at 9 am this morning. The landing page to buy tickets is <https://www.iahsaa.org/tickets/>. Tickets for the state meet will go on sale next Monday morning at 9 am.

**Fieldhouse Use at State Meet** – While everyone needs to worry about the qualifying meet first, we do want to provide an update regarding the use of the Fieldhouse during the state meet as we know it was a

topic of conversation during the Drake Relays. Drake University is not opening the fieldhouse for the state meet. Schools will be asked to set up team camps in the grass lot east of the Tennis Center. The individuals at the university will make the determination as to when the fieldhouse will be opened in the case of inclement weather.

**State Meet Spike Check** – We want to remind all coaches that Drake University allows 1/4" or shorter pyramid spikes on all Drake Stadium surfaces. The two of us have been told that this was an issue at the Drake Relays, particularly in the high jump. Coaches, you are responsible for your athlete's spikes. If a spike doesn't meet the required specifications, it is the athlete's responsibility to correct the issue and not our meet volunteers. We will not be providing spikes to athletes at the state meet site, so please address this issue prior to arrive at the stadium.

Best of luck this week. Don't hesitate to give either office a call if you have any questions.

Sincerely,



Gary Ross



Jared Chizek