



Dear Cross Country Coaches and Athletic Directors-

We are excited for the 2024 Cross Country Season! We have just a couple items as we wrap up the first week of competition.

- 1) **REMINDER: Coaches have until Friday, August 30 to view the rules meeting.** Head coaches who do not view the meeting will not be able to coach in the state qualifying meet or state meet.
  - a. **AD's:** ensure you have your head coaches assigned and contact info updated on Bound.
  - b. This will ensure they get credit for rules meeting and get communications sent out.
- 2) Final classifications are listed on both websites [IHSAA](#) and [IGHSAU](#).
- 3) All coaches are to update all varsity members on Bound following the conclusion of each meet throughout the season.
- 4) If you are hosting a meet please make sure to upload results on Bound. If you have any issues with this process please reach out to [results@gobound.com](mailto:results@gobound.com) . Attached [HERE](#) is a link on how to upload those results.
- 5) To help create consistent expectations at meets throughout the season, look through guidelines for hosting cross country meets [HERE](#).
- 6) With it being warmer please take time to view the [WBGW Webinar](#) if you have any questions about heat guidance. If you have any additional questions or concerns, please reach out to Richelle Williams at [richelle.williams@drake.edu](mailto:richelle.williams@drake.edu). She serves our Sports Medicine Advisory Committee and will be happy to assist.
- 7) State Qualifying Meet sites will be released early next week. We will post the sites on both of our websites and various social media platforms.

Best of luck to all as meets get going next week! If any questions come up during the season, please do not hesitate to contact either office.

Sincerely,

Andy Umthun  
IHSAA Assistant Director

Madison Melchert  
IGHSAU Assistant Director