



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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Dear Track and Field Coaches, Administrators, and Officials-

We saw some outstanding performances indoors, which is a great sign early in the season. Both offices received very few calls during the first weeks of competition, but there are a few points we would like to share with everyone as we ramp up.

MEET MANAGMENT – As a reminder, last year we partnered with the IATO and made a “How To” video series on setting up and conducting the field events. Links to those videos are listed below.

[LONG JUMP](#)

[HIGH JUMP](#)

[THROWS](#)

For this season, we created two additional videos for coaches, administrators, volunteers and officials.

[UMPIRING](#)

[STARTING RACES](#)

FIELD EVENT CHECK-IN – All competitors, even those in later flights, need to have checked in prior to the start of the field event. Those in a later flight don't necessarily need to sit and observe the first trials of the competition; however, they do need to report.

COMBINING BOYS AND GIRLS RACES – At this time of year, we usually receive several calls asking if the 3000 and 3200 or 4x800s can be combined for whatever reason (weather, number of entries). The short answer is that practice is currently not allowed.

ELECTRONIC DEVICES – Rule 4-6 addresses the use of electronic devices in unrestricted areas. This rule is not limited to coaches and managers videoing performances for review and instructional purposes. Headphones, cell phones and other devices used by competitors should not be used in restricted areas. Athletes using an electronic device while crossing the track or approaching a field event venue may be distracted and unaware of their surroundings which increases the risk not only to themselves but others as well. Coaching from a restricted area is considered assistance under Rule 4-6-5, which results in the coach's athlete being disqualified from the event. Coaches wandering from a designated coaching box into a restricted area of the facility can interfere with the competition and expose themselves to risk. As we have covered in past years, the games committee determines what is and isn't a restricted area. With that being said, we would have a hard time believing the track itself and field event venues would not be considered a restricted area. The games committee must make clear designations of restricted and unrestricted areas and communicate them effectively to all.

HEADWEAR – Both offices have had calls on what an athlete can wear during competition. Other than religious head coverings (4-3-1(b)(8)), the NFHS does not address headwear in the rule book. Both organizations have the following statement in their Regular Season Track and Field Manuals: “Headwear which is reasonable and not demeaning to the competition is legal.” A baseball cap or stocking hat would be examples of reasonable headwear. A swim cap or raccoon skin hat would not be considered reasonable for competition.

PARA-ATHLETE COMPETITORS – As a reminder, both organizations expanded its para-athlete division last year with a separate ambulatory division. There have been a few updates to the rules from past years and the new document can be found here: <https://www.iahsaa.org/wp->

[content/uploads/2026/03/2026-Paradivision-Rules3.16.26.pdf](https://www.iahsaa.org/wp-content/uploads/2026/03/2026-Paradivision-Rules3.16.26.pdf) If your team has a para-athlete, please complete the form on either the IHSAA (<https://www.iahsaa.org/track-field/paralympic-track-and-field-entry/>) or IGHSAA (<https://ighsau.nyc3.digitaloceanspaces.com/para-tf-entry-form26.pdf>) by Friday, April 17. We need to work with our medal vendor to order awards for the postseason meets. Also, please communicate with your regular season meet hosts, so awards can be distributed at those meets as well.

INHALERS – A reminder that athletes may carry an inhaler on their body during a race if the referee is given a doctor's note prior to start of competition.

MEET LIMITATION – On occasion, a school will have an athlete who is very talented and the school believes he should have better competition than the rest of the team; therefore, they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the team's varsity meet limitation. Just a reminder that there is a 16 meet limitation for each level within a school. For example, a school could schedule 16 varsity meets, 16 JV meets, and 16 freshman meets. No individual can participate in more than 16 meets regardless of level of the meet. The Drake Relays, state qualifying and state meet do not count towards this meet limitation.

STATE QUALIFYING MEET SPIKE LENGTH – There seems to be some confusion from the rules meeting regarding the change in spike length policy for the state qualifying meets. SQM sites cannot require a spike that is shorter than 1/4". Athletes can still wear 1/8" or 3/16" spikes if they desire.

STATE QUALIFYING MEET INFORMATION – The state qualifying meets are scheduled for Thursday, May 14. We have finalized our qualifying sites, and they can be found on both our websites: <https://www.iahsaa.org/wp-content/uploads/2026/03/2026-TF-SQM-Sites-3.25.26.pdf>. We plan on releasing team assignments during the second half of April.

DRAKE RELAYS – A reminder that both of our offices are not involved with the Drake Relay qualifying or entry process. All questions regarding the Drake Relays should be directed to drakerelays@drake.edu.

ONLINE RESULTS – As in years past, we are still requiring results to be entered into Bound. If coaches would like season and personal bests to be correctly noted in the state meet results later this season, coaches may also upload results into Athletic.net. If one attempts to upload results there and is having issues, do not hesitate to reach out to our state meet timer who can also assist in uploading results via the results file or backup file from HyTek. Josh's email is josh@wayzataresults.com. Schools are also asked to double check team logos on the site for the state meet. If by chance, your team name needs updated on Athletic.net, please email Josh that as well.

If you have any questions or situations that come up throughout the season, don't hesitate to contact either one of us.

Jared Chizek

Jim Duea