



Dear Cross Country Coaches and Athletic Directors-

We are excited the 2024 Cross Country Season is here! We have just a couple items as we head into the tail end of the first week of competitions.

- 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 . 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 the warmer weather early on this season, please take time to review the [WBGT Webinar](#) if you have any questions about heat guidance as well as [WBGT Guidance](#). If you have any additional questions or concerns, please reach out to Richelle Williams at richelle.williams@drake.edu. She serves on our Sports Medicine Advisory Committee and will be happy to assist.
- 7) We will release the State Qualifying Meet sites for all classes early next week. These will be posted on both the IHSAA and IGHSAU websites as well as our various social media platforms.

Best of luck to all as we wrap up this first official week of competitions! 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