



2024-2025

LHSAA Cross Country Checklist and Reminders

Checklist:

<input checked="" type="checkbox"/>	Item/ Activity	Due Date
	Collect all SIGNED medical history/athletic participation/substance misuse forms (<i>NOTE: no athlete shall participate in practice or competition until these forms have been signed and collected by the coach, AD, or school</i>)	8/12/2024 or prior to the first practice.
	All student-athletes have been registered in members site	9/2/2024 or prior to the first meet.
	All student-athletes have been submitted to cross country roster	9/2/2024
	All coach information is correct/ up to date in members site	9/2/2024
	All LHSAA cross country bylaws and important dates (see below) have been reviewed	9/2/2024

Reminders:

- **ALL** students participating in cross country meets **SHALL** be registered **AND** submitted to your school’s cross-country roster in the LHSAA members’ site.
- No athlete is eligible to participate in competitions until they have been both registered and submitted by the principal.
 - **Bylaw 5.11.16.2** The school shall be fine \$25 per student / per contest/ per sport for omitting an eligible player’s name on its online eligibility list if the violation is self- reported (not exceed \$100) and \$50 per student/ per contest/ per sport if the violation is reported by a source outside of the school (not to exceed \$200).
 - If a student participates in a competition before he/she is registered and submitted by the principal, the school will be fined \$50 per student, per competition for the first offense and \$100 per student, per competition for the second offense and is subject to being placed on probation for one year per LHSAA
- Verify roster names on MileSplit as those are the names that will be carried though to all state meet qualifiers.
- Ensure all meet results are uploaded to <https://la.milesplit.com/>.

Important Dates:

Activity	NFHS Calendar Week	Date
1 st Official Practice	6 th	8/12/2024
1 st Eligible Meet	9 th	9/2/2024
Deadline for submitting GPAs online for seniors for All-Academic	14 th	10/7/2024
Regional Entry Deadline	18 th	11/4/2024
Regional Meet Deadline	18 th	11/9/2024
End of Regular Season- all classifications	18 th	11/9/2024
State Entry Deadline (Qualifying teams and individuals only)	19 th	11/12/2024
State Meet	20 th	11/18/2024
Weight training/conditioning permitted. No practice/contests allowed.	20 th - end of school	11/20/2024
Summer Rules Begin	46 th	5/18/2025