



2021-2022

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>)	8/9/2021
	All student-athletes have been registered in members site	8/30/2021
	All student-athletes have been submitted to cross country roster	8/30/2021
	All coach information is correct/ up to date in members site	8/30/2021
	All LHSAA cross country bylaws and important dates (see below) have been reviewed	8/30/2021

Reminders:

- **ALL** students participating in cross country meets **MUST** 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.
 - 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 Bylaw 5.11.15.2 and 5.11.15.4.
- Ensure all meet results are uploaded to <https://la.milesplit.com/>.

Important Dates:

Activity	NFHS Calendar Week	Date
1 st Official Practice	6 th	8/9/2021
1 st Eligible Meet	9 th	8/30/2021
Deadline for submitting GPAs online for seniors for All-Academic	15 th	10/11/2021
Regional Entry Deadline for Class 5A	18 th	11/1/2021
State Entry Deadline for Class C - 4A	18 th	11/3/2021
Regional Meet Deadline for Class 5A	18 th	11/6/2021
End of Regular Season- all classifications	19 th	11/13/2021
State Meet- Class 2A, 1A, B and C	20 th	11/15/2021
State Meet- Class 5A, 4A and 3A	20 th	11/16/2021
Weight training/conditioning permitted. No practice/contests allowed.	20 th - end of school	11/17/2021
Summer Rules Begin	46 th	5/15/2022