**2022-2023**

**LHSAA Cross Country Checklist and Reminders**

***Checklist:***

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|  | **Item/ Activity** | **Due Date** |
|  | Collect all SIGNED medical history/athletic participation/substance misuse forms (*NOTE*: *no athlete shall participate in practice or competition until these forms have been signed and collected by the coach, AD, or school)* | 8/8/2022 or prior to the first practice. |
|  | All student-athletes have been registered in members site | 8/29/2022 or prior to the first meet. |
|  | All student-athletes have been submitted to cross country roster | 8/29/2022 |
|  | All coach information is correct/ up to date in members site | 8/29/2022 |
|  | All LHSAA cross country bylaws and important dates (see below) have been reviewed | 8/29/2022 |

***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 5.11.15.2** 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:***

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| --- | --- | --- |
| **Activity** | **NFHS Calendar Week** | **Date** |
| 1st Official Practice | 6th | 8/8/2022 |
| 1st Eligible Meet | 9th | 8/29/2022 |
| Deadline for submitting GPAs online for seniors for All-Academic | 15th | 10/11/2022 |
| Regional Entry Deadline | 18th | 10/31/2022 |
| Regional Meet Deadline | 18th | 11/5/2022 |
| End of Regular Season- all classifications | 18th | 11/5/2022 |
| State Entry Deadline (Qualifying teams and individuals only) | 19th | 11/08/2022 |
| State Meet | 20th | 11/14/2022 |
| Weight training/conditioning permitted. No practice/contests allowed. | 20th- end of school | 11/16/2022 |
| Summer Rules Begin | 46th | 5/14/2023 |