



2025-2026

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>)	8/11/2025 or prior to the first practice.
	All student-athletes have been registered in members site	9/1/2025 or prior to the first meet.
	All student-athletes have been submitted to cross country roster	9/1/2025
	All coach information is correct/ up to date in members site	9/1/2025
	All LHSAA cross country bylaws and important dates (see below) have been reviewed	9/1/2025

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 to the LHSAA roster 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
- **MileSplit** is the official registration platform of the LHSAA. Team rosters will be pulled from the LHSAA member site every Monday, Wednesday, and Friday morning by 10am and sent to MileSplit to be updated with the "eligible" status. Contact Alexis Hart at ahart@lhsaa.org if your are not able to register your athletes for a meet between those roster update days.
- Ensure all meet results are uploaded to <https://la.milesplit.com/>.

Important Dates:

Activity	NFHS Calendar Week	Date
1 st Official Practice	6 th	8/11/2025
1 st Eligible Meet	9 th	9/1/2025
Deadline for submitting GPAs online for seniors for All-Academic	14 th	10/6/2025
Regional Entry Deadline	18 th	11/3/2025
Regional Meet Deadline	18 th	11/8/2025
End of Regular Season- all classifications	18 th	11/8/2025
State Entry Deadline (Qualifying teams and individuals only)	19 th	11/11/2025
State Meet	20 th	11/17/2025
Weight training/conditioning permitted. No mandatory practice/contests allowed.	20 th - end of school	11/19/2025
Summer Rules Begin	46 th	5/17/2026