



2026-2027

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>)	8/10/2026 or prior to the first practice.
	All student-athletes have been registered in members site	8/31/2026 or prior to the first meet.
	All student-athletes have been submitted to cross country roster	8/31/2026
	All coach information is correct/ up to date in members site	8/31/2026
	All LHSAA cross country bylaws and important dates (see below) have been reviewed	8/31/2026

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
- MileSplit is the official registration platform of the LHSAA. Team rosters will be pulled from the LHSAA member site daily and automatically sent to MileSplit to be updated with the “eligible” status. Contact Alexis Hart at ahart@lhsaa.org if you are not able to register your athletes for a meet.
- Ensure all meet results are uploaded to <https://la.milesplit.com/>.
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Important Dates:

Activity	NFHS Calendar Week	Date
1 st Official Practice	6 th	8/10/2026
1 st Eligible Meet	9 th	8/31/2026
Deadline for submitting GPAs online for seniors for All-Academic	14 th	10/5/2026
Regional Entry Deadline	18 th	11/2/2026
Regional Meet Deadline	18 th	11/7/2026
End of Regular Season- all classifications	18 th	11/7/2026
State Entry Deadline (Qualifying teams and individuals only)	19 th	11/10/2026
State Meet	20 th	11/16-17/2026
Weight training/conditioning permitted. No practice/contests allowed.	20 th - end of school	11/18/2026
Summer Rules Begin	48 th	5/30/2027