



EDDIE BONINE, M.Ed., CAA
Executive Director

FALLON BUCKNER
KAREN HOYT
ADAM MACDOWELL
LEE SANDERS
Assistant Executive Directors

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Cross Country Survey Comments and Answers

State Meet Course Qualifications:

The course in Natchitoches meets the qualifications stated in the LHSAA handbook.

13.5.8 Distance: The boys' and girls' state meet shall be run over 3.0-3.2 miles.

Cross Country Meet Information:

All regional and state cross country meets are posted on the LHSAA website under Cross Country, on the right hand side. All head coaches who want to include their teams' meets on the schedule can email meet information to ksmith@lhsaa.com and it will be posted to the LHSAA website.

Uniform Rules:

The NFHS updated/clarifies rules for uniforms:

- **4-3-1:** Eliminates redundant language and expands definition of foundation garments. **Rationale:** This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.
- **4-3-2:** Clarifies uniform language for relay and cross country team members. **Rationale:** Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

Please refer to the LHSAA Handbook for a complete list of sports that pay to participate in LHSAA sanctioned sports:

9.1.5 Entry Fees for Other State Championship Events (Fees are payable by school check to the LHSAA)

<u>SPORT</u>	<u>FEE</u>	<u>PAID</u>
Bowling	\$40 per team	State Playoffs
Cross Country	\$10 per person	State Meet
Golf (Boys)	\$10 per person	Regional Tournament
Golf (Girls)	\$10 per person	Regional Tournament
Gymnastics	\$15 per person	State Meet
Swimming	\$15 per person	State Meet
Tennis	\$15 per person	Regional Meet
Wrestling	\$15 per person	State Tournament

Select/Non Select

- Only Football, Baseball, Softball, and Basketball were approved by membership principals to split into select and non-select.

Travel/Gate Fees

- Cross Country is a non-revenue generating sport for which there is no surplus money to be paid back. Currently gate fees do not cover state meet costs.

LHSAA... Beyond the Game