



2020-2021

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>)	8/10/2020
	All student-athletes have been registered in members site	8/31/2020
	All student-athletes have been submitted to cross country roster	8/31/2020
	All coach information is correct/ up to date in members site	8/31/2020
	All LHSAA cross country bylaws and important dates (see below) have been reviewed	8/31/2020
	Policies for conducting practices and hosting meets that adhere to LHSAA recommended COVID-19 precautions have been reviewed	8/31/2020

Reminders:

- **ALL** students participating in cross country meets **MUST** be registered and submitted to your schools cross country roster in the LHSAA members' site, even if they are only participating in open races rather than timed and scored races (open races not recommended during COVID-19 protocols).
- 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 Athletic.net.

Important Dates:

Activity	NFHS Calendar Week	Date
1 st Official Practice	6 th	8/10/2020
1 st Eligible Meet	9 th	8/31/2020
Deadline for submitting GPAs online for seniors for All-Academic	15 th	10/12/2020
Regional Entry Deadline for Class 5A	18 th	11/2/2020
State Entry Deadline for Class C - 4A	18 th	11/4/2020
Regional Meet Deadline for Class 5A	18 th	11/7/2020
End of Regular Season- all classifications	19 th	11/14/2020
State Meet- Class 2A, 1A, B and C	20 th	11/16/2020
State Meet- Class 5A, 4A and 3A	20 th	11/17/2020
Weight training/ conditioning permitted. No practice/ contests allowed.	20 th - TBD	11/18/2020
Summer Rules Begin	46 th	5/16/2021