



UIL Coaches' Checklist
Cross Country
2024-25

| | CHECKLIST | REFERENCE LINK | COMPLETION DATE |
|---|---|---|---|
| ✓ | PRE-SEASON | | |
| | Register/update profile in the UIL Portal | UIL Portal | Prior to 1st Practice |
| | Review Cross Country Manual | Cross Country Manual | Prior to 1st Practice |
| | UIL yearly coaching requirements (CCP & TEC) | Coaching Requirements | Prior to 1st Practice |
| | Review TEA-UIL Side-by-Side | Side-by-Side | Prior to 1st Contest |
| | Student participation required forms. Keep on file. | Athletic Forms | Prior to 1st Practice |
| | Varsity participation required forms. Keep on file. | Athletic Forms | Prior to 1st Practice |
| | Review rules regarding eligibility for athletic contests | C&CR Sec. 400 & 403 | Prior to 1st Practice |
| | Review Cross Country Plan | Cross Country Plan | Prior to 1st Practice |
| | Review UIL rule changes | | |
| | Review NFHS rule changes | NFHS | Prior to 1st Practice |
| | Complete PAPFs and file with UIL Office | PAPF Process | Prior to 1st Practice |
| | Submit Individual Eligibility Form to district chair (UIL Portal) | UIL Portal | Prior to 1st Contest |
| | | | |
| ✓ | POST-SEASON | | |
| | Submit District Entries to DEC | | 5 days prior to meet |
| | District Certification submitted by District Chair to Regional Host | | October 12 |
| | Regional Meet | Regional Sites | October 21-22 |
| | State Meet | State Meet | November 1-2 |