



# **UIL Coaches' Checklist** **Cross Country** **2025-26**

	CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓	<b>PRE-SEASON</b>		
	Register/update profile in the UIL Portal	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Practice
	Review Cross Country Manual	<a href="#">Cross Country Manual</a>	Prior to 1 <sup>st</sup> Practice
	UIL yearly coaching requirements (CCP & TEC)	<a href="#">Coaching Requirements</a>	Prior to 1 <sup>st</sup> Practice
	Review TEA-UIL Side-by-Side	<a href="#">Side-by-Side</a>	Prior to 1 <sup>st</sup> Contest
	Student participation required forms. Keep on file.	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Varsity participation required forms. Keep on file.	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
	Complete PAPFs and file with UIL Office Apply/Complete any necessary Waivers and file with UIL	<a href="#">PAPF Process</a> <a href="#">Waiver Information</a>	Prior to 1 <sup>st</sup> Practice
	Review rules regarding eligibility for athletic contests	<a href="#">C&amp;CR Sec. 400 &amp; 403</a>	Prior to 1 <sup>st</sup> Practice
	Review Cross Country Plan	<a href="#">Cross Country Plan</a>	Prior to 1 <sup>st</sup> Practice
	Review UIL rule changes		
	Review NFHS rule changes	<a href="#">NFHS</a>	Prior to 1 <sup>st</sup> Practice
	Complete PAPFs and file with UIL Office	<a href="#">PAPF Process</a>	Prior to 1 <sup>st</sup> Practice
	Submit Individual Eligibility Form to district chair (UIL Portal)	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Contest
✓	<b>POST-SEASON</b>		
	Submit District Entries to DEC		5 days prior to meet
	District Certification submitted by District Chair to Regional Host		October 11
	Regional Meet	<a href="#">Regional Sites</a>	October 20-21
	State Meet	<a href="#">State Meet</a>	October 31-November 1