



MIHS Cross Country Registration Deadline is Today

To be cleared to participate on the first day of MIHS practice, August 21st, the Athletic Department requests submission of your Cross Country Registration and Athletic Fees by Friday, August 18th. To participate in the first meet Sept 6th (a 2-mile Jamboree) you must have 8 days of practice and to participate in the first regular season meet on Sept 14th, you must have attended 10 days of practice. Please note, coaches cannot accept paperwork at practice – it must be submitted via Final Forms (see below).

You can find more information about registration on the MISD School District Website [Athletics/Sports Registration Information](#). Sports registration for 2023-2024 is a 2-step process:

1) [Online Registration](#)

You will need to create a new user id within Final Forms and complete and sign all the forms.

Tips:

- Be sure to upload a copy of your student's physical - even if one was submitted last year.
- Once you've signed all the documents and uploaded the physical, remind your student to sign the necessary forms in Final Forms as well.

2) [Pay Sports Fee](#)

Pay sports fee through our online payment system.

Please contact Becky LeMaster in the Athletic Office with any questions. She can be reached via email (preferred) at becky.lemaster@mercerislandschools.org or call at 206-230-6345.

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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