

Cross Country Lettering Criteria

Any team member meeting the following criteria will receive a varsity letter.

1. By Time:	<u>Girls</u>		<u>Boys</u>
	22:45	9 th Grade, 1 st Year 10 th	18:30
	22:30	2 nd Year 10 th & 11 th	18:15
	22:00	Seniors	18:00

2. By Place:	Varsity Competition	Region	County
	Girls	Top 25	Top 15
	Boys	Top 30	Top20

3. By Team Rank: Based on accumulation of team points in varsity competition. Top seven (7) to letter. Top twelve (12) when a team qualifies for state.

4. By Accumulation of Team Points: $7 \times \#$ of varsity meets plus $\#$ on team that finishes the season = Points.

5. A Senior who has not lettered, but has participated two years and shown an average rate of improvement.

6. Coaches' Discretion: For outstanding performance but fails to meet one of the above criteria. Loss of letter and/or award: For conduct not becoming a team member, lack of team support, lack of effort, failure to complete season in good standing.

7. Unexcused Absence: Runner will lose opportunity to compete that week. An absence will be considered unexcused if a runner fails to advise a coach. A runner who accumulates three (3) unexcused absences will be suspended from the team. Every runner must be at practices the day before a meet to compete in that meet.

8. Runner held out coaches' decision will receive his/her average number of points.