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| VARSITY LETTER CRITERIA (from Handbook) |  |  |
| Cross Country is a competitive sport and not everyone can receive a Varsity letter.   |
| An athlete must meet criteria I to receive a Varsity letter AND at least one of the other criteria below. |
| **I.**Finish the season in good standing, showing the work ethic and commitment of a Varsity athlete                 |
| **II.** Be a Senior |  |  |  |  |
| **III.** Complete the season as a team manager |  |  |
| **IV.**     Compete in the Varsity Region, Sectional, or State meet.  |  |
| **V.**  Meet or exceed the standard below in a 5K team competition |  |
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|  |  | **BOYS** | **GIRLS** |  |
|  | **Freshman** | **19:00** | **22:00** |  |
|  | **Sophomore** | **18:00** | **21:00** |  |
|  | **Junior** | **17:30** | **20:30** |  |
|  | **Senior** | **17:00** | **20:00** |  |
|           Those athletes who only meet criteria **I** at the end of the season will receive a certificate of participation.  |