

COUGAR CROSS COUNTRY



LETTER REQUIREMENTS



FROSH-SOPH & JUNIOR VARSITY REQUIREMENTS:

Athlete must finish a minimum of 6 races and attend a minimum of 45 practice sessions: Only athletes that complete six races and attend at least 45 practice sessions during the fall season are eligible for a Cross Country Letter Award. Athletes that do not reach these minimums will receive Participant Awards.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in six races and attended 45 practice sessions.

- **Top 7 finish on any team in 4 or more races**
- **2-mile time: 13:00 (boy), 15:30 (girl)**

VARSITY REQUIREMENTS:

Athlete must finish a minimum of 4 Varsity Races (8 races total) and attend a minimum of 45 practice sessions. Only athletes that complete four VARSITY races (8 races total) and attend at least 45 practice sessions during the fall season are eligible for a VARSITY Letter Award.

Athlete must achieve a minimum 3-mile time: 18:00 (boy), 22:00 (girl). Only athletes that achieve the time standard on a certified 3.0-mile course during the fall season are eligible for a VARSITY Letter Award. (5K conversion accepted)

Achievement of one of the following automatically earns VARSITY Letter Award provided the athlete has competed in 4 VARSITY races and achieved the minimum VARSITY time standard:

- **Top 7 finish on Varsity team in 4 or more races**
- **Top 5 finish on Varsity team at DFAL Championships**
- **All League Varsity 1st Team selection**
- **Top 5 finish on Varsity team at NCS or State**

ATHLETES THAT **QUIT** THE TEAM FOR ANY REASON, OR ARE **DROPPED** FROM THE TEAM AS DISCIPLINARY ACTION, OR **FAIL** TO ACHIEVE THE MINIMUM ACADEMIC STANDARD FOR PARTICIPATION **FORFEIT ALL AWARDS.**