

Lettering in Cross Country

Cross Country Athletes can earn their letter in one of the following ways:

- The top 10 boys or boys that run at or under 18:50 at any point in the season.
- The top 7 girls or girls that run at or under 22:00 at any point in the season.
- Compete as a varsity runner for 50% or more of the meets
- Place in the top half of the field in WESCO or Districts

Earning a Top 7 Shirt

- Maintain academic eligibility
- Complete the season in good standing
- Compete in the District Race (alternates included)

All athletes to receive any type of award (letter, top 7 shirt, etc.) must maintain academic eligibility and complete the season in good standing. All awards are also given out at the coach's discretion.