

# EAU CLAIRE MEMORIAL GIRLS' CROSS COUNTRY LETTERING CRITERIA

## REQUIREMENTS:

1. A minimum of **SEVEN** points is required to earn a varsity letter.
2. To **QUALIFY** for a varsity letter, a student-athlete must complete the season in good standing, must practice through Monday of the week of the sectional meet, must have returned their uniform, sweats, and bag, and must have participated in one of our Project Eagle community service projects.

## POINT OPTIONS:

1. **ONE POINT** will be awarded to a student-athlete for each **VARSDITY** meet in which they compete, or for which they are named a varsity alternate.
2. **ONE POINT** will be awarded to a student-athlete whose time in a **JUNIOR VARSITY** race is within the top 2/3 of the times run in the varsity race in that meet. Alternates for the varsity race are not eligible for this point.
3. **ONE POINT** will be awarded to a student-athlete for their first **200 OFFICIALLY LOGGED RUNNING** miles.
4. **ONE POINT** will be awarded to a student-athlete for each subsequent **100 OFFICIALLY LOGGED RUNNING** miles.
5. **ONE POINT** will be awarded to a student-athlete that attends a summer running camp. Proof of attendance must be provided to the head coach.
6. **ONE POINT** will be awarded to a student-athlete that attends the sectional meet as a spectator. This point is not an option if we host the sectional meet.
7. Points accumulated by non-letter winners will be applied to their total the following season provided they complete the season in good standing.
8. Coach reserves the right to award a letter to a student-athlete who is unable to complete the season due to an injury or illness.
9. Seniors do not automatically receive a letter. Letters are earned, not an entitlement!
10. Coach's decision on all lettering is final.