



COLLINS CROSS COUNTRY

LETTER CRITERIA

In order to earn a varsity letter in Track & Field, an athlete must abide by the following:

- Adhere to the Team Values
- Represent Collins in a sportsmanlike fashion at all meets and practices
- Show evidence of commitment to the team and expertise in both running and in the sport of cross country.
- Run in at least four meets
- Exhibit leadership
- Progress both within the season and from the previous year

The athlete must also meet at least one of the following criteria:

1. Records

- a) Break (vs. establish a school record) a school record (individual or team time)

2. Score / Qualify

- a) Participate in the State Meet (seven athletes who start the race)
- b) Score at the Regional Meet (top five)

3. Standards & Performance

- a) Meet or exceed the beginning of the season Time Trial Standard

TIME TRIAL STANDARDS

EVENT	BOYS	GIRLS
Mile	5:22	6:32

- b) Attain a time in a meet on the Collins schedule below **20:30** for boys and **25:30** for girls or finish the season in the top 35 in the 2A Region 3 Rankings as posted by KY MileSplit

4. **Coaches' discretion** (e.g. senior who has been with the program for four years and just missed one of the above criteria and has shown good progression from the previous year).

Note: The coaches reserve the right to alter the above criteria based on final season standings / times (e.g. if an athlete runs a 25:31, has worked hard, has the eighth best season time and has adhered to the rules and athletic code, or a middle schooler who runs in less than four meets, or the 35th best time in the region is significantly different from the above time thresholds).