

AWARDS & LETTERING

- **Perfect Attendance Award:** Athletes with no absences from practices or meets
- **Participation Certificate:** Compete in all meets in which they are eligible and end the season in good standing.
- **Scholar-Athlete:** Sophomore, Junior, & Senior Varsity Letterwinners with a cumulative GPA of 90 or higher
- **Reward T-Shirts**
 - **Freshman Elite/Sophomore Select:** The top 5 9th & 10th graders in the Rankings
 - **Top 20:** Top 20 in the Rankings
 - *Top 20, Freshman Elite, & Sophomore Select shirts will be awarded following the first competition after the Bulldog Dash
 - **Summer:** Meet the “Summer Bonus” mileage standards listed below.
- **Lettering Standards:**
 - Run the following race times (3.1 miles/5K):
 - Girls: 9th - 22:45; 10th - 22:30; 11th - 22:15; 12th - 22:00
 - Boys: 9th - 19:45; 10th - 19:30; 11th - 19:15; 12th - 19:00
 - Meet one of the following criteria:
 - Finish in the Top 20 in the Final Team Rankings
 - Compete in XC for at least 3 years, finishing each season in good standing.
 - Summer Bonus: Run the summer mileage below and you can add 1 minute to the lettering times above to earn a letter!
 - * **Summer mileage includes all miles logged from June 4th to Aug 12th (10 weeks).**
 - Mileage must be logged to count toward Summer mileage.**
 - 9th & Newcomers – Girls: 200 miles; Boys: 250 miles
 - Returning 10th – 250 miles; Boys: 300 miles
 - Returning 11th – 300 miles; Boys – 400 miles
 - Returning 12th – 350 miles; Boys – 450 miles
- **Lettering with Recognition Standards:**
 - Finish in the top 25 at Varsity County, top 10 at Varsity Region, or run an equivalent time in the JV County or JV Region races.
 - Run the following race times (3.1 miles/5k):
 - Girls: 9th – 21:30; 10th – 21:15; 11th - 21:00; 12th – 20:45
 - Boys: 9th – 18:30; 10th – 18:15; 11th – 18:00; 12th – 17:45