

LETTERING POLICY

Lettering is not reserved for athletes who compete in varsity competitions; if you are a contributing member of the team and represent Columbia River Cross Country well, you deserve a varsity letter. However, each letter must be earned. Because of this, we use a point system in order to eliminate the subjectivity.

A varsity letter requires 15 points, which happens to be a perfect score in a typical cross country race. Similarly, the point values range from one to five, representing the finishers in a perfect race.

You will earn:

- 1 point for every Personal Record (average pace will be used if course distance varies)
- 2 points if you beat another team's top-7 runner
- 3 points per meet in which you race varsity
- 4 points if you attend every meet
- 5 points if you attend every practice

Every year there are athletes who never race in a varsity uniform, yet earn their letter. As long as I am coaching here, it will be no other way; the contributions of the JV kids are just as important as those of the Varsity runners, and as such, they deserve to be recognized.

You will keep track of your own points over the season and this sheet into Coach Christensen after your final race. Use Athletic.net to look up your race times and to determine your PRs, as well as if you beat another team's top-7 runner.

Because course distances vary, divide your time by the course distance to figure out your pace for that race (ex: 17:45 over a 2.9-mile course would be $17.75/2.9=6.12$, so about 6:07 pace). Ask Coach Christensen or Coach Cummings if you need help with this.

The coaching staff ultimately has the final say in who earns a letter. If you did not follow our core tenets of displaying a positive Attitude, Commitment, and Effort, you may have enough points yet still not earn a letter.