



## **Pacer Cross Country**



### **Requirements for earning a varsity letter:**

From the beginning of summer to the end of the season, you must earn a total of 8 points.

- 1 point: Recruit a new member to the team. That member must last the season.
- 1 point: Every 200 miles run. Must keep a running log.
- 1 point: For every meet run as a varsity runner.
- 1 point: If your PR is under 19:00.
- 2 points: If your PR is under 18:00.
- 3 points: If your PR is under 17:00.
- 3 points: Place in the top 20 at conference.
- 4 points: Place in the top 25 at sectionals.
- 6 points: Place in the top 10 at sectionals
- 6 points: Make all conference team (top 10)
- 8 points: Run at state.
- 8 points: 4 year member of CC team.
  
- points: Any actions unbecoming of an SLHS athlete... excessive practices missed... (coach's discretion)