**** Varsity Lettering Policy

To earn a letter in Cross Country at Vista High School, athletes must demonstrate the dedication that is required based on the criteria outlined below. It is not easy to letter, and we purposefully provide an opportunity to work hard, and earn your letter. It is always a small percentage of athletes who are expected to letter each year.

**To letter in Cross Country, a runner must:**

1. *Remain eligible throughout the season*
2. *Have no unexcused absences from practices or meets*
3. *Have no more than 3 unexcused tardies to practice*
4. *Exhibit superior fortitude and good sportsmanship throughout the season*
5. *Participate in all fundraisers, and*
6. *Demonstrate varsity standing by completing at least one of the following varsity standards:*

**Acceptable Varsity Standards:**

#1 Qualify for the CIF Team (top 7) at the end of the regular season

Or

#2 Run under 17:00 for boys or 20:00 for girls on at least 3 courses this season (course must be 3 miles or otherwise be record eligible)

Or

#3 Place top 20 at the Avocado East League Finals, or run an equivalent placing time in the JV race (meaning your time from JV would have placed you in the top 20 had you been in the varsity race)

Or

#4 Compete for Vista Cross Country for 4 seasons

Updated June 2017

NOTE: The coaching staff, at their discretion, may letter any athlete due to extenuating circumstances