** 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)