

2017 Tesoro XC Lettering Policy

Minimum Requirements to letter in Cross Country:

1. Remain eligible throughout the season
1. Have no unexcused absences from practices
1. Have no unexcused absences from meets
1. Display good sportsmanship throughout the season
1. Participate in all Cross Country fundraising activities
1. Meet at least one of the varsity standards below

Varsity Standards:

1. Qualify for the CIF Team (Top 12) at the end of the regular season (selected by head coach based on performance and team contribution)
2. Run 16:20 or faster for boys and 19:25 or faster for girls on a 3 mile course.
3. Complete a 4th year of Cross Country with an “honest effort” to compete at your highest level.