



## Lettering Standards for Girls' Cross-Country 2023

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Lettering in a sport at Mandarin High School is a privilege. An athlete who earns a varsity letter must demonstrate that they are a positive example of a student athlete. In our running programs, this is an essential component to being recognized as a varsity athlete.

An athlete must be a runner in “good standing” to be eligible. This is a coaching decision based on the following factors:

1. Attendance at practice and all meets
2. Positive Behavior
3. Leadership ability and potential

An athlete **in good standing** is eligible for lettering based on the following standards:

- 21:15 on a legitimate course (verifiably accurate measurement)
- Selected to compete in Gateway Conference Championship and District Championship for the Varsity Team
- Competing on Varsity Roster in 3 Meets

The Coaching staff may relax the above standards based on sportsmanship, leadership, and longevity (runner in good standing on previous cross-country and track and field teams).