

Howards Grove Tigers

Cross Country

Varsity Letters

A varsity letter can be earned by accumulating a minimum of SIX varsity points. Varsity points can be earned in the following manners:

- 1) **Varsity Races:** Each meet/invite in which you dress and compete at the varsity level earns you 1 Varsity Point.
- 2) **Junior Varsity Races:** According to gender, if your JV race time places you in the top 60% of all varsity participants at that meet/invite, you earn 1 Varsity Point.
- 3) **Conference Meet:** According to gender, if your JV/Varsity race time places you in the top 60% of all varsity participants, you earn 1 BONUS Varsity Point.
- 4) **Sectional Meet:** If you finish in the top 60% of your race, you earn 1 BONUS Varsity Point.
- 5) **State Meet:** If you qualify for the state meet, either as an individual or as a competing member of the team, you automatically earn your varsity letter. Congratulations!

Special Note: As head coach, I reserve the right to award any individual a varsity letter based on an injury or illness which has shortened their competitive season.