

Beresford Cross Country Lettering Requirements

Before being considered for a varsity Letter in Cross Country, an athlete must meet requirements 1 and 2:

- 1. Attend all practices and meets unless excused by the head coach**
- 2. Finish the year in good standing with the team and coaches**

If you have met requirements 1 and 2, you can letter in Cross Country by achieving one of the following:

- A. Finish in the Top Six on the Varsity Team at Any Meet During the Season**
- B. Win a Sub-Varsity Race (JH or JV) at the Conference or Region Meet**
- C. Be a Senior who has Participated for at Least Two Years in Cross Country**
- D. Qualify for the State Meet as a Competitor or an Alternate**
- E. The Coaches Have the Right to Letter Runners on an Individual Basis Based on Leadership, Work Ethic, Dedication to the Team, and Sportsmanship.**

