

Other topics

Uniforms: we will be issuing uniform singlets to the girls prior to the first meet. As the girls will be purchasing their own uniform shorts, uniform returns will only involve the team singlets. Except for girls competing in the Regional and State meets, all issued uniforms must be returned on Tuesday, October 25.

Lost and Found: we keep items left at practice (with a name or initials) for 1-2 days, but will then either return the item to the school's lost and found or Salvation Army (if not accepted). For this reason, we strongly recommend that the girls at least put their initials on their stuff.

Earning a Varsity Letter vs JV Certificate: depending upon the regularity of a girl's attendance, whether she competes in a minimum number of meets, etc, she can earn a Varsity letter or JV certificate by meeting either the JV or Varsity standards given below.

Junior Varsity Certificate (must achieve both i and ii):

- i. regular attendance
- ii. compete in a minimum of 3 races

Varsity letter (must achieve i, ii and iii):

- i. regular attendance
- ii. "membership" in our Elite group or Group A
- iii. compete in a minimum of 4 races
- iv. achieve a Varsity time standard on a 5k Cross Country race:
 - run 23:40 or faster at EP Tom Sawyer
 - run 23:45 or faster at River Road
 - run 24:15 or faster at McNeely Lake (or 18:30 on the McNeely 4k course)

Adjustments may be made with these times to account for adverse weather conditions. We will also consider times on similar courses that are not listed above, and reserve the right to award Varsity letters to girls in Group A on the basis of other performance-related characteristics.

Seniors: there are two key areas where we are willing to use senior status as the basis for special consideration (i.e. where a senior may be treated differently than a non-senior).

- **Varsity letter vs. JV certificate:** although Varsity letters are awarded on the basis of the standards above, we will consider (but cannot guarantee) awarding Varsity letters to any senior who participates in Group A through the end of the season.
- **Invitations on out-of-town trips:** we will consider (but cannot guarantee) inviting actively participating seniors from Group A on our out-of-town Cross Country trips. Active participation involves regular attendance (6 days per week) and sufficient effort at practice – starting on July 15. Group A seniors who don't meet this standard (e.g. do not regularly attend summer practice) must qualify for invitations just like everyone else. In fairness to those seniors with certain summer conflicts, we will consider exceptions to this rule.