

Earning a Varsity Letter vs JV Certificate:

Each girl on the team will earn a Varsity letter or JV certificate by meeting the criteria provided below. Awards will depend upon the regularity of a girl's attendance, the specific training group she belongs to at the end of the season, whether she competes in a minimum number of meets, etc.

Junior Varsity Certificate (must achieve i and ii):

- i. regular attendance
- ii. compete in no less than 3 races

note that this award is given to all Group B girls and any Group A girl who fails to meet a Varsity time standard (below) during the season

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

- i. regular attendance
- ii. membership in Group A
- iii. compete in no less than 4 races
- iv. hit a Varsity time standard in at least one race on a Kentucky course:
 - 23:30 or faster on the Seneca Park 5k course
 - 23:40 or faster on the EP Tom Sawyer 5k course
 - 18:00 or faster on the EP Tom Sawyer BMX 4k course
 - 23:50 or faster on the River Road 5k course
 - 24:00 or faster on the Creasey Mahan 5k course
 - 24:15 or faster on the KY Horse Park 5k course
 - 24:25 or faster on the McNeely Lake 5k course
 - 18:30 or faster on the McNeely 4k course

or hit a Varsity time standard on one of the out-of-state courses we run:

- 18:00 or faster on the Palatine Invitational 2.5 mile course
- 22:20 or faster on the Palatine Invitational 3 mile course
- 23:40 or faster on the Wake Med 5k 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: we will consider, but cannot guarantee, awarding Varsity letters to any Group A senior who attends practice on a regular basis and participates in no less than 4 meets during the season.