

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:

Course	Varsity time
Seneca Park 5k course:	23:30
EP Tom Sawyer 5k course:	23:40
Haunted Woods (OCHS) 5k course	23:45
Champions Park 5k course	23:50
Creasey Mahan 5k course	24:00

or hit a Varsity time standard in at least one race on an out-of-state course:

Course	Varsity time
Palatine Invitational 2.5 mile course	18:00
Palatine Invitational 3 mile course	22:20
Wake Med 5k course	23:45
Manhattan Invitational 2.5 mile course	19:10

Adjustments may be made with these times to account for adverse weather conditions or changes in the course itself (e.g. lengthening or shortening the course). 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.