

Montrose Cross Country - Team Handbook

Earning A Varsity Letter

- **Varsity letter winners must earn 25 points.**
- **Letter points are earned based on a percentage calculated by dividing the athletes finishing place by the total number of runners in that race.**
- **Junior Varsity athletes may earn letter points by comparing their time with the varsity race.**
- **Athletes who qualify for the State Meet are eligible for a Varsity letter. This does not mean an athlete automatically receives the Varsity letter.**
- **The coaching staff reserves the right to letter or deny a letter based on merit and conduct during or out of season situations.**
- **Percentage:**
 - **6 points = Top 10%**
 - **5 points = 25%**
 - **4 points = 50%**
 - **3 points = 62%**
 - **2 points = 75%**
 - **1 point = If the athlete finished the race**
 - **1 points = Personal record in that race or in the season**
 - **2 points = Qualifying to the Regional Meet**
 - **4 points = Qualifying to the State Meet**