

WAYZATA CROSS COUNTRY LETTERING POLICY

Lettering may be accomplished in any one of four ways:

- A. finish in the top half of all varsity finishers in a varsity race at least once during the season. (For our purposes the Bauman/Rovn, Mustang Gold & Green and Lefty Wright are JV races and timetrials and the Alumni Meet are not varsity meets). There are varsity races at Apollo, Marshfield, Roosevelt Heartland, St. Olaf, Metro, Griak, Swain, Chaska, Conference, Sections, and State. For our purposes to finish in the first half at the St. Olaf Showcase will be to finish lower than: $(7 \times \text{the number of complete teams})/2$.
- B. run a time of 17:30 on a legitimate 5000 meter course. Last year a few of our races were run on courses that were short and not legitimate. They were St. Cloud Apollo, Bauman/Rovn, Mustang, and Victoria Lions (Chaska). As always, we will be verifying race course distances on race day and will let athletes know if the meet is legitimate.
- C. be a senior who has successfully completed both his junior and senior seasons and has, in the judgment of the coaching staff, made a positive contribution to the team.
- D. the coaching staff may choose to award a letter to any athlete.

Regardless of the above, athletes will not earn a letter if :

- A. they miss any meets in which they are scheduled to race
- B. they have four or more unexcused absences .
Absences are excused if Coach Miles is notified before the end of the day of the missed practice **and** it is School related (which will require a pass from a teacher), illness, or family emergencies.
Examples of unexcused absences are work conflicts, haircuts, dentist or orthodontist appointments, family vacations, senior photos, college visits, etc.
- C. they are suspended from school or violate MSHSL rules regarding drug use including alcohol & tobacco, hazing, harassment, etc.
- D. they do not finish the season in good standing on the team.

New policy for 2012 Season.