Eisenhower Cross Country

Letter Award Standards

The following standards need to be met in order to receive a Varsity Letter:

Grade	Distance	Time	Distance	Time
Boys' Frosh	3.0 miles	18:40	5,000m	19:25
Girls' Frosh	3.0 miles	23:30	5,000m	24:10
Girls' Frosh	2.0 miles	13:45		
Boys' Frosh	2.0 miles	12:00		
Boys' Sophomore	3.0 miles	18:20	5,000m	19:00
Girls' Sophomore	3.0 miles	23:15	5,000m	23:55
Boys' Junior	3.0 miles	18:10	5,000m	18:45
Girls' Junior	3.0 miles	23:00	5,000m	23:40
Boys' Senior	3.0 miles	17:45	5,000m	18:20
Girls' Senior	3.0 miles	22:20	5,000m	23:00

Special Requirements:

The Sunfair Invitational is a 3.0 mile course, however, due to the difficulty of the course it is considered a 5,000m course for lettering purposes.

Individuals may be awarded a Varsity Letter if a runner demonstrates unusual contributions the Eisenhower Cross Country Team. This contribution may be expressed in any manner that enables others to achieve success.