

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.