

## VARSITY

Allen Park has over 65 years of athletic excellence. It is an honor to receive this award and will NOT be handed out frivolously! Therefore, stringent requirements will be set in place for you to step up to the challenge.

Running Cross Country is a unique experience that involves dedication and mental toughness. Your coaching staff is looking to develop a running squad that understands the importance of consistent hard work and a commitment to being the best teammate first and foremost, as well as being the best runner possible.

Varsity spots will be determined by the entire coaching staff. Performance in previous time trials, as well as external factors (ie. Attitude, effort, preparation, practice, etc), will aid in determining the positions. A position within the top-7 does NOT guarantee varsity status and there is no set number of guaranteed spots for a varsity letter. There may be 7 varsity recipients or just 3. The system gives ample opportunity to attain desired status. *A requirement of 20:00 or less must be achieved before consideration for a varsity spot.*

### ✓ Varsity Letter Requirements –

- Effort Level at Practice
- Positive Team Attitude
- Relative Health
- Accumulation of 25 points (beginning 06/04/18)
  - Place on team, post-race: (beginning 8/24/18)
    - 1st - 3 points; 2<sup>nd</sup>-5<sup>th</sup> – 2 points; 6<sup>th</sup> or 7<sup>th</sup> – 1 point
  - Beat the designated opposition corresponding member (1-6 ONLY)– 1 point
    - (ie. Beat opposition 5<sup>th</sup> runner as team's 5<sup>th</sup> runner)
    - Beat opposition higher corresponding member – 2 points
      - (ie. Beat opposition 5<sup>th</sup> runner as team's 6<sup>th</sup> runner)
  - Medal at invite – 1 point each medal
  - Contribute to team trophy on varsity squad – 1 point each trophy
  - Maintenance of running log FOR FULL SEASON – 1 point
  - Run 3 summer road/trail 5K OR 10K races breaking 20:00 – 2 points
    - Break – 41:00 for 10K
  - Break 19:00.0 – 1 point; Break 18:00.0 – 2 points; Break 17:00.0 – 3 points; Break 16:00.0 – 4 points; Break 15:30.0 – 5 points
  - Contribute to team time goals:
    - 7-Man Combo.
      - <2:10:00 – 1 point
      - <2:05:00 – 2 points
    - 5-Man Combo
      - <1:30:00 – 1 point
      - <1:28:15 – 2 points
- Automatic Letters:
  - State Qualifier
  - All-Downriver (League or News-Herald)
  - Break 17:30.0 on a “legitimate” course
  - Break 1:26:30 5-man cumulative (17:24.0) [Hypothetical–16:15, 17:00, 17:30, 17:45, 18:00]
  - Break 2:02:00 7-man cumulative (17:25.7) [Hypothetical–16:10, 16:50, 17:15, 17:30, 17:45, 18:00, 18:30]
- Each athlete is unique and may be considered on an individual basis. Special circumstances may be taken into account by the coaching staff with NO undue influence.