Royals Cross Country
Lettering Standards

Cross Country is a rewarding sport that provides no only individual success, accomplishment and triumph - but also that of accountability and participation amongst a team. Lettering in a sport indicates commitment, dedication, determination, respect for self and others, and a positive attitude. While lettering standards are primarily awarded to Varsity athletes, CC provides additional opportunities for those athletes who participate in the majority of practices and compete in meets to letter.

An athlete needs to be an active member of the CC team, participating in the majority of practices and schedule meets in order to earn a letter. Lettering athletes can be awarded only ONE letter per season, even though they may have met standard times. In addition to high performing athletic success, athletes can also acquire a letter through a point system.

Objective Time Standards
Boys: 6:45
Girls: 7:45

Subjective Criteria
4-6th grades - Lettering is NOT just about being FAST, 4-6th graders letter when they show an HIGHER THAN AVERAGE amount of commitment, dedication, determination, respect for self and others, and a positive attitude. MOST 4-6th graders DO NOT LETTER EVEN IF they reach the time standards as our lettering is based also on loyalty and commitment to the sport, not a passive, make the time standard and move on athlete.

7-8 grades   - Individuals who come out for cross country and can meet the objective time standards may not simply be awarded a letter based on speed if they are not again committed to the team, are dedicated to the sport, show respect for themselves and others and have a positive attitude.
- Individuals who come out for cross country and DO NOT meet the objective time standards CAN be awarded a letter based on their commitment to the team, their effort, their dedication, their determination, self-respect and being a leader!

Coaches also bear the right to bestow or to withhold a letter to an individual if circumstances present themselves.