Lettering Standards

**Lettering Philosophy**

Lettering in a varsity sport at Blaine High School is a great accomplishment. Being a participant in a sport does not automatically mean you can earn a letter. It is a privilege to letter, not a right. If you do not earn a letter this year, you just have a goal for next year! Lettering places you in a select group of individuals. There are many accomplishments that can be achieved throughout the season by all athletes, regardless of whether or not they will earn a letter! Set your own goals and watch yourself grow this season!

**Category 1**

*Athletes must meet the* ***all*** *standards in Category 1 before they earn a letter:*

\*Show good school citizenship

\*Achieve at least 90% attendance for practices and meets

\*Contribute positively at practices and meets

\*End the season in good standing with coaches

\*No MSHSL Violations

**Category 2**

*In addition to the above criteria, athletes must meet one of the following standards:*

**\*Races:**

Run on varsity (7 runners) for the section meet at the end of the season.

**\*Time Standard (must run standard twice in a season):**

Boys under 18:00 for a 5K

Girls under 21:45 for a 5K

**\*Coaches’ Discretion**

Due to injuries or other extenuating circumstances the coaches have the right to award a letter to deserving athletes.

Any senior who participates in Cross Country for 3 or more consecutive seasons will letter as long as they meet all requirements in Category 1.

\*\*Coaches have final say for **all** letter winners.\*\*