

RANDOLPH GIRLS CROSS COUNTRY

VARSIITY LETTER:

1. Accumulate one (1) varsity point per each meet that is held during the season. Example: If there are nine (9) meets during the season, you would need 9 points for a letter.
2. Any senior that successfully completes the season, and participates in all the teams dual meets will receive a varsity letter.
3. Run the **Freedom Park** or **Greystone Park** Course in a time of **24:48** (7:59 pace)

JV LETTER

1. Any sophomore or junior that successfully completes the season and has participated in 3/4 of the teams dual meets will receive a JV letter.

FROSH LETTER

1. Any freshmen that successfully completes the season and has participates in 1/2 of the teams dual meets will receive a freshmen letter.

VARSIITY POINTS:

1. One point is earned in a dual or tri meet by placing ahead of the opposing teams 5th runner or by being the 5th runner on a winning team.
2. In State or Invitational meets, 3 points are earned by placing in the first third of all finishers, 2 points for the second third, and one point for the last third.