

# Foothill Cross Country

## Lettering Standards - 2025

One of the major efforts put forth by athletes in cross country is to try to earn a varsity letter in their sport. At Foothill, we take lettering as a high accomplishment for all athletes. Athletes can earn a letter by one of the following methods:

1. Varsity Letter Standard – Athletes can qualify for their varsity letter by meeting an athletic standard in a 3 mile or 5 kilometer race. Athletes must meet the standard in competition (time trials and practice will not count). See below for the standards.
2. Coaches Award – Athletes who have shown a dedication to the team for 3 or 4 years may qualify for a varsity letter. This is only available to seniors.

Even when meeting one of the criteria, varsity letters are not automatic. Athletes must also

- Maintain acceptable academic standards (2.0 GPA) during the entire season
- Consistently attend all practices and meets. If athletes must miss practice or meets, they have discussed this with their coach.
- Consistently train hard, work with others, and be a positive representative of Foothill and Pleasanton whether at home or away.
- Compete in any championship and event for which they qualify or are asked to compete (EBAL Championship, NCS Championship, CIF State). If there are any potential conflicts that would prevent an athlete from competing at these events, an athlete must speak with Coach Quero at least 30 days before the event.

All varsity letters are ultimately the decision of the coaches. THERE ARE NO AUTOMATIC LETTERS! If athletes are dismissed from the team for any reason after meeting one of the above criteria, they will not receive a letter.

### Lettering Standard

<b>Boys</b>	<b>Girls</b>
<b>17:35 or under</b>	<b>22:25 or under</b>