

Criteria for Earning a Varsity Letter

To earn a Varsity Letter in the sport of Cross-Country at Holly High School, you must accomplish **one** of the following during the season.

1. Score 12 points during the season. The scoring system is sort of complicated and elaborate. Points are awarded as follows:
 - A. In Tri-Meets, points are scored by the number of opponents' top 5 team members you beat. If you beat their number 1 runner, then you would earn 5 points; their number 2 runner = 4 points; their number 3 runner = 3 points; their number 4 runner = 2 points; their number 5 runner = 1 point. You can earn varsity points and not be a varsity runner. For example, all you need to do is run faster than the times posted by other teams 1-5 runners, and you will earn those points.
 - B. In Invitational and Championship meets, you will receive points by where you place. If you place in the top 5, you will receive 5 points. Of you place in the top 10 you will receive 4 points. If you place in the top 25% of runners, you will receive 3 points, place in the top 33% you will receive 2 points, top 50% you will receive 1 point. For J.V. races, you can earn points by where your time fits into the Varsity race.
 - C. One point will be awarded for a season best time.
Freshman or first year runners will not be eligible for these points until the month of October.
 - D. One point will awarded for each career best time.
Freshman and first year runners are not eligible for these points.
A career spans over one season and beyond.
2. Be among the Top 21 finishers in the Flint Metro Championships.
3. Be on the team that wins the Flint Metro Championship.
4. Be on the team that qualifies to the State Championships.
5. Run a time of 22:15 for girls or 18:45 for boys (2x) through out the season.
6. Be on the team for three consecutive seasons, P.R. in at least half of all the races on the schedule, and attend all practices.