

SCOTCH PLAINS-FANWOOD HIGH SCHOOL

RAIDERS CROSS COUNTRY

VARSITY LETTER REQUIREMENTS

- *How can I earn a varsity letter?*
 1. Perform at least as well as the “A” standard time(s) given in the **VARSITY LEVEL PERFORMANCES** table, which appears later in this document.

2. Perform at least as well as the “B” standard time(s) given in the **VARSITY LEVEL PERFORMANCES** table, which appears later in this document, and earn a minimum of 12 points based on the following criteria:

Dual Meets – 3 Points Maximum Each Meet

- 1 point for finishing in the SPFHS Top 7 (does not apply if we have seven or less finishers)
- 1 point for finishing in the Top 7 in the overall race results
- 1 point for beating the fifth runner of the opposing team (does not apply if the opposing team does not have at least five finishers)

Triangular Meets – 5 Points Maximum Each Meet

- 2 points for finishing in the SPFHS Top 7 (does not apply if we have seven or less finishers)
- 1 point for finishing in the Top 12 in the overall race results
- 1 point for beating the fifth runner of each opposing team (does not apply if an opposing team does not have at least five finishers)

Varsity Invitationals/Championship Meets – 8 Points Maximum Each Meet

- 3 points for finishing among the top $\frac{1}{3}$ of all finishers
- 2 points for finishing among the middle $\frac{1}{3}$ of all finishers
- 1 point for finishing among the bottom $\frac{1}{3}$ of all finishers
- 1 point for winning the individual championship
- 2 points for winning an individual medal or plaque
- 1 point for winning the team championship
- 1 point for winning a team medal or plaque

JV/Novice Invitationals/Championship Meets – 3 Points Maximum Each Meet

- 1 point for winning the race
- 1 point for running faster than our slowest finisher in the varsity race, provided the race is contested over the same course under the same conditions
- 1 point for running faster than the 5th runner of the team one place behind us in the varsity team standings

2. Perform at least as well as the “B” standard time(s) given in the **VARSITY LEVEL PERFORMANCES** table, which appears later in this document, and win an individual medal or plaque in a varsity race at an invitational or a championship meet, provided there are at least twice as many individuals competing as receive individual awards.

3. Perform at least as well as the “B” standard time(s) given in the **VARSDITY LEVEL PERFORMANCES** table, which appears later in this document, and win a team medal or plaque in a varsity race at an invitational or a championship meet according to one or more of the following criteria:
 - Any place in the team standings that receives a team award at an invitational, provided there are at least twice as many teams competing as receive team awards.
 - First or second place in the National Division team standings at the Watchung Conference Championship.
 - First, second, or third place in the team standings at the Union County Championships.

4. Perform at least as well as the “B” standard time(s) given in the **VARSDITY LEVEL PERFORMANCES** table, which appears later in this document, and compete in the NJSIAA North II Group III Championship race, the NJSIAA Group III Championship, or the NJSIAA Meet of Champions.

5. Seniors not meeting these criteria will be awarded a letter at the discretion of the coaching staff only if they have been on the team for at least two seasons and have remained in good standing with no unexcused absences.

VARSDITY LEVEL PERFORMANCE TABLE

SCOTCH PLAINS-FANWOOD HIGH SCHOOL RAIDERS CROSS COUNTRY		
VARSDITY LEVEL PERFORMANCES – “A” STANDARDS		
BOYS	COURSE	GIRLS
19:15	Warinanco Park Dual Meet Course	23:15
19:30	Warinanco Park Championship Course	23:30
19:30	Holmdel Park	23:30
VARSDITY LEVEL PERFORMANCES – “B” STANDARDS		
BOYS	COURSE	GIRLS
19:40	Warinanco Park Dual Meet Course	23:45
19:55	Warinanco Park Championship Course	24:00
19:55	Holmdel Park	24:00

ADDITIONAL INFORMATION

- You will not be awarded a varsity letter if you have been found to be cutting and/or walking road loops.
- If you suddenly take an inconceivable amount of time off of your best time on a course, that race performance will not be considered, as it will be assumed that you cut the course. Only legitimate performances will be considered. You must be able to duplicate a performance within a reasonable time difference.
- Times in junior varsity and novice races will be considered, so long as they are legitimate performances. Times in freshman races will not be considered. Only times run in races contested on the same course as the varsity races will be considered.
- You will not receive a varsity letter if you are not working your hardest and giving your fullest effort.
- You must participate in varsity-level workouts in order to be considered for a varsity letter.

FREQUENTLY ASKED QUESTIONS

- *Will I earn a varsity letter if I come to practice everyday?*
No. A varsity letter is not a certificate of participation. Giving varsity letters for coming to practice everyday would be analogous to naming students to the high honor roll for having perfect attendance in school. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter won't mean anything anymore.
- *What if I earned a letter last fall?*
This has no bearing on whether you will earn a varsity letter this fall or not. You must earn your letter every season.
- *What if I earned a letter in winter track & field and/or spring track & field?*
This also has no bearing on whether you will earn a varsity letter this fall or not. Again, you must earn your letter every season.
- *What if the weather is bad on the day of a race or the course is muddy?*
Your race will be evaluated to see if it would have met the performance standards had the conditions been favorable.
- *Why aren't all of the courses where we compete listed in the performance table?*
Many of the dual meet courses where we run (Cedar Brook Park, Irvington Park, West Hudson Park, and Branch Brook Park) are of questionable or unknown distance. Some of these courses change every year as well, as they are not properly mapped, marked, and measured. As a result, any attempt to assign a cut-off performance for these courses would be too subjective in nature.

- *Is there a maximum number of letters that will be awarded?*
No.
- *Is there a minimum number of letters that will be awarded?*
No.
- *Who keeps track of my performances?*
Mr. Koegel keeps the official records. Every effort is made to document your performances in every meet. This is done for numerous reasons. Most importantly, it is done to track your development. Meet results can be found on <http://www.spfhxctf.net>.
- *What if I get injured during summer training or during the season?*
The awarding of a varsity letter will be at the discretion of the coaching staff. Your development up to the point of your injury will be evaluated and a determination will be made as to whether you would have earned a varsity letter. If you are injured while participating in an unauthorized activity, such as a club sport, you may not be awarded a letter, regardless of other factors.
- *What if I ran in the varsity race at a championship meet? Do I get a letter then?*
Not necessarily. At certain meets, we must run at least five runners in the varsity race before we can enter sub-varsity races. If we happen to have a season where we are riddled with injuries we may be forced to enter junior varsity runners in the varsity race. This applies especially to the Watchung Conference and Union County Championship meets. You still have to meet the aforementioned criteria to earn a varsity letter.
- *Am I guaranteed a varsity letter if the conditions above are met?*
No. Factors such as poor attendance and lack of discipline may weigh against your favor. You must be at practice and at the meets. The decision as to what qualifies as an excused absence rests with the coaches, not with the athletes. You must also do everything asked of you by the coaches. You must conduct yourself in the appropriate manner at all times, which includes working your hardest and being respectful to your teammates, coaches, opponents, and the officials.
- *How do I earn a junior varsity certificate?*
This is done through attendance at and effort in both practices and meets. Signing up for the team does not guarantee that you will earn a junior varsity certificate. At the very least, you must be at practice, working your hardest, everyday.
- *Will the times in the **VARSDITY LEVEL PERFORMANCES** table be the same next fall?*
Not necessarily. The table will be re-evaluated every season. The times have been relaxed over the last few years, but that trend will not continue.
- *Will the rest of the varsity letter requirements be the same next fall?*
Not necessarily. The letter requirements will be re-evaluated every season as well.