

South Forsyth War Eagles

Cross Country Team

Varsity Letter Requirements

To Receive a Varsity Letter:

- Boys must run a 19:15
- Girls must run a 23:30
- If you have run cross country for 4 years at SFHS, you are eligible for a letter.
- A 30 second bonus is awarded to runners who meet pre-season, summer training expectations.

To Letter with Distinction:

- Qualify for the State Meet.
- Girls must run the following times: Senior (21:15) Junior (21:45) Sophomore (22:15) Freshman (22:45)
- Boys must run the following times: Senior (17:00) Junior (17:30) Sophomore (18:00) Freshman (18:30)

Purpose of Lettering:

- Recognize the development of athletic skills and physical fitness
- Motivate team members to appreciate individual and team effort
- Celebrate diligence, achievement, and excellence