

Brighton Boys Cross Country

Rules and Letter Requirements

1. Runners are expected to display excellent character, be great teammates, compete to the best of their ability, and commit to the team.
2. Runners are expected to be **on time to every practice and every meet** unless told otherwise.
 - a. Missed practices and meets will result in make-up practices unless the absence is excused. To be excused it must be a doctor's appointment, family difficulty, test make-up, help from teacher, etc... and **the coach must be notified in writing before the absence**. Too much homework, had to work, club practice/meeting, didn't have a ride, parties, going up north, forgot my clothes/shoes, etc... are not valid reasons for missing practice and are considered unexcused. **Five** unexcused absences will result in dismissal from the team.
 - b. All make-up practices must be completed by the **Friday before the State meet** to finish the season in good standing.
3. Runners are expected to compete in their team issued uniform at each meet. Uniforms are only to be worn at meets.
4. Runners are expected to maintain contact with their teammates. Runners unable to maintain contact, or complete workouts may jeopardize their opportunity to compete in upcoming meets.
5. Runners must adhere to the rules and standards of the BAS Academic and Citizenship Agreement.

To earn a varsity letter, athletes must complete the season in good standing and meet **one** of the following standards:

- Hit the following times and have zero unexcused meet absences

1 st year runner	2 nd year runner	3 rd year runner	4 th year runner
Sub 19:00 2 times	Sub 18:30 2 times	Sub 18:00 2 times	Sub 17:30 2 times

- Complete four seasons of Brighton Cross Country in good standing
- Run Varsity at Conference (top 7 by time), Regional, or State meet
- Coach's discretion
 - At the coach's discretion, a varsity letter may be awarded to any runner/manager who demonstrates exceptional commitment, leadership, character, and sportsmanship over their career.

The coach will have the final say on any rule interpretations for unique circumstances that may arise.

**Committed to developing young men of character who relentlessly
strive for excellence on and off the course.**