



Trojan Cross Country

Lettering Requirements

Athletes must uphold all general athletic requirements as outlined by the Nampa Christian Student Handbook, and complete the entire season in good standing with the head coach. That fulfilled, athletes will attain varsity status in cross country by meeting any of the following requirements:

- ✓ Competing in at least two varsity races during the season.
- ✓ Meeting or exceeding a varsity standard for an approved 5K course.
Boys Standard – 21:00 Girls Standard – 24:00
- ✓ Completing a third season of cross country participation at NCHS.

The coaching staff holds authority to consider special circumstances of individual athletes when making lettering determinations.