

AWARDS

A **varsity letter** is awarded for running in the state series. OR, running in the conference meet AND 1) running in the top five once, or 2) beating the conference opponents' 5th runner 50% of the time, or 3) competing for Glenbard West for four years.

A **CC pin** is awarded if the first letter has been awarded in another sport

A **bar** is awarded if a letter had already been earned in cross country.

JV Certificates are awarded for competing in half the meets during the season and running in the conference meet.

Certificates are awarded for competing during the season.

A **sophomore letter** is awarded to sophomores for competing in the conference meet, AND 1) running in the sophomore top seven for Glenbard West once, or 2) beating the sophomore conference opponent's 7th girl 50% of the time.

A **bar** is awarded after the first letter is earned.

Freshman Numerals are awarded to freshmen who compete during the season.

CAPTAINS AWARDS

WSSC ALL-ACADEMIC