



RUNNING START



*Info Session for the
2025-2026 School Year*

ATTENDANCE





WHAT IS RUNNING START?

Running Start is an opportunity to earn College Credit and High School Credit at the same time starting junior or senior year of high school at a local community or technical college.

Students take college level classes to fulfill remaining high school graduation requirements, simultaneously meeting graduation requirements and earning college credit.



WHO IS ELIGIBLE?

Requirements

- Must be a high school junior or senior to participate
- Complete a placement test for English/Math or provide a transcript/SBA scores
- Must meet all program deadlines

Cost

- Local school district pays the tuition up to 21 credits (depends on EHS enrollment, see RSEVF)
- Students pay for books, class & student fees, and parking
- Running Start only funds College level courses - 100 level and above



ADVANTAGES

- **Free tuition:** Students can earn up to two years of tuition-free college credit while finishing high school
- **Advanced Coursework:** Students can take advanced courses and a greater variety of courses than those available at EHS
- **Different Education Setting:** Students with academic interests not being met at a traditional high school can often flourish in a different setting
- **Flexibility in Scheduling Classes:** Classes are available from 6:30am-10:00pm, online, weekends, etc.
- **Faster pace:** Students will typically cover the same amount of material in a quarter long course (10 weeks) as they would in a year-long high school class
- **Earn more HS credit:** Due to the quarter system, students have the option of earning more high school credit than a 6-period day at EHS allows
- **Bigger variety of classes:** The colleges offer a more extensive list of course offerings

THINGS TO CONSIDER

- **Maturity:** In addition to academic readiness, students must have the personal discipline and responsibility to handle independence and the pace of college classes. You may receive less academic support from professors
- **Tuition is covered;** books and fees are student's responsibility
- **Transportation** is the student's responsibility
- **Scheduling:** Balancing EHS's block schedule with RST schedule for part-time students can be a challenge.
- You are not guaranteed classes at RST: be intentional with planning and scheduling
- **Math placement:** for students who are currently in Geometry, it is important to know that the Algebra 2 RST equivalent is not college level, and must be paid for out of pocket
- **Starting off 4-year college ahead:** possible added pressure to declare a major quickly due to increased credits
- If you are planning on doing a sport, you will need to meet **WIAA** eligibility
- **Yearlong commitment**, including Fall, Winter and Spring quarter



ADDITIONAL THINGS TO CONSIDER

- College credit transfer: Your RST credits may not transfer to all schools (out-of-state colleges)
- Must meet high school graduation requirements
- Books, fees and transportation costs - may be a few hundred dollars per quarter (assistance available for students on free/reduced lunch)
- Conflicting vacation schedules between schools
- Still an EHS Student and can participate in clubs, sports, dances, etc.
- Doing poorly harms BOTH high school and college transcripts
- Running Start students are still allowed on campus with appointment or activity
- Socialization: College is an adult environment in which there is great age diversity; students are taking classes with all other college students (not just HS students)



LOCAL RUNNING START OPTIONS



Bellevue College (BC)

- Very large campus
- Multiple AA/AS degree options
- Transfer degree is most popular
- 4-year degree offerings
- Wide range of courses available
- <https://www.bellevuecollege.edu/runningstart/>



Lake Washington Institute of Technology (LW Tech)

- Located in Kirkland
- Small campus
- Specializes in career and technical courses
- AA/BAS degree options including transfer
- More limited course offerings
- <https://www.lwtech.edu/academics/high-school/running-start/>



Central Washington University (CWU)

- Located in Sammamish
- Small campus
- Work closely with advisor
- Small class sizes
- No transfer degrees
- More limited course offerings
- <http://www.cwu.edu/sammamish/>

STEPS TO ENROLL IN RUNNING START

Step 1: Research

Research your options, review the Eastlake presentation and attend an Eastlake information session. Select your Running Start program and start enrollment process directly through the college.



Step 2: Enroll

Complete the enrollment and placement process for your chosen college. See Local Running Start Programs and Registration dates for information about each schools' requirements and process.



Step 3: Complete EHS Process

- 1) Review Eastlake High School Running Start Agreement and expectations
- 2) Review course equivalency chart for remaining graduation credits
- 3) Complete the RSEVF with your EHS Counselor

college.

- It is in your best interest to cover graduation requirements as soon as possible to make sure you do not miss an opportunity to take a class needed for graduation.
- Courses numbered 099 or below are not considered part of RS and will not be funded nor counted as college credit, however these courses may still count for high school credit.
- Consult with your HS counselor when choosing classes to meet your high school graduation requirements.
- If you are earning a diploma from LWSD, you are required to take these specific courses to meet state and district requirements.

HS Grad Rec	Bellevue, LW Tech, Cascadia	CWU
English	ENGL&101 and above (One 5 credit course EACH FOR English 11 & 12)	ENGL&101 and above (one 5 credit course EACH FOR English 11 & 12)
World History or Contemporary World Problems	HIST&101, HIST&102, HIST&103, HIST&126, HIST&127, or HIST&128	Any history class above 100 level
US Government/Civics	POLS&202	POLS&210
US History	HIST&146, HIST&147 or HIST&148	HIST&143 or HIST&144
World History	BC: HIST&103 Cascadia: HIST&128 LW Tech: Not offered	HIST&103
Washington State History	HIST&214 (Pacific NW History) (Not offered at LW Tech)	HIST&301
Social Studies Elective	Economics, Psychology, Anthropology, Sociology, Political Science, International Relations, or agreed upon with your High School Counselor	Economics, Psychology, Anthropology, Sociology, Political Science, International Relations, or agreed upon with your High School Counselor
Math	Any Math course over 100 level (If you place into MATH&107 or lower consult with counselor)	Any Math course over 100 level (If you place into a lower-level math consult with counselor)
Science	Any Science course over 100 level (2.0 lab course classes and 1.0 elective science courses required for graduation)	Any Science course over 100 level (2.0 lab course classes and 1.0 elective science courses required for graduation)
World Language	Any World Language course over 100 level	Any World Language course over 100 level
Health	HLTH&250 or NUTR&101	HED&101
Career Tech Education (CTE)	Any Business, Computer, Technical or other class agreed upon with High School Counselor *See the CTE spreadsheet for more information.	Any Business, Computer, Technical or other class agreed upon with High School Counselor *See the CTE Spreadsheet for more information.
Physical Education	Any PE or Dance course	Any PE or Dance course

HOW DO I SELECT COLLEGE COURSES THAT MEET MY HIGH SCHOOL GRADUATION REQUIREMENTS?

FULLTIME VS PARTTIME

Students can take a variety of combinations of enrollment between EHS and Running Start and are eligible for 21 college credits.

Things to know if you are a part time student:

- Counselors will manually adjust your EHS schedule in the Spring for Fall quarter
- Student is to decide which classes/school is the priority and then plan classes/schedule around that. EHS schedules do not change throughout the year to accommodate Running Start schedules.

Potential Enrollment Options



These schedules are only examples. You will work with your specific counselor to create your own schedule.

AP VS RUNNING START



	Running Start	AP
What is it?	<ul style="list-style-type: none"> Running Start is a program that allows 11th and 12th graders to take college courses at Washington's community and technical colleges. Students earn both high school and college credits for these courses 	<ul style="list-style-type: none"> Advanced Placement (AP) allows students to take college level courses while at Eastlake. Students earn high school credit and may or may not earn college credit at their college of based on their score from a nationally recognized end-of-course exam.
Rigor?	<ul style="list-style-type: none"> Running Start is considered college Level work desired by many college admission offices with the curriculum, rigor, grades, etc. set by the Running Start institution. Many do not prioritize one model of college-level course over another, and view Running Start, College in the High School, IB, Cambridge, and AP coursework equally for admission purposes. 	<ul style="list-style-type: none"> AP is considered college Level work desired by many college admission offices. The AP curriculum and exam grading rubric are standardized across states and countries.
College credit?	<ul style="list-style-type: none"> Student earns credit and establishes a transcript. 	<ul style="list-style-type: none"> Student may earn credit based on AP Test Score policies at schools of interest. Credit may be awarded for scores of 3+ on the AP test, with many schools requiring a 4 or 5. Check with your prospective college.
Credit best transfers to...	<ul style="list-style-type: none"> Washington state colleges Some out-of-state schools 	<ul style="list-style-type: none"> Most colleges with appropriate AP Test Scores.

RUNNING START ENROLLMENT VERIFICATION FORM (RSEVF)

Each quarter, students will work with their EHS counselor to complete a RSEVF.

It is strongly encouraged that students review the course equivalency chart and grad requirements in skyward to make sure all appropriate courses are being completed.

Email your counselor you are wanting to do Running Start and have already enrolled at the college.



Washington Office of Superintendent of
PUBLIC INSTRUCTION

2024-25 Running Start Enrollment Verification Form

Student

Student Name: _____
Last Name First Name MI

Home Phone: _____ Cell Phone: _____

Email Address: _____ High School SID#: _____

Responsible Parent/Guardian: _____

College: _____ College SID #: _____

Check if this is a revision

New Student

Returning Student

Student Enrolled in Multiple Colleges

Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

Free and Reduced-Price Lunch (FRPL) Status (required to be completed)

Students who are currently FRPL-eligible (or anytime in the past five school years) may receive tuition and fee waivers from a college.

Is the student currently or previously eligible for FRPL? Yes No HS Counselor Initials: _____

The parent or guardian signature below provides permission to share FRPL eligibility status only with the college for the purpose of ensuring access to tuition and/or fee waivers. Choosing not to sign the consent will not affect the student's eligibility for access to Running Start or free and reduced-price meals. The individuals and programs receiving the information will not share the information with any other entity or program.

Parent/Guardian Signature: _____ Date: _____

School Year: 2024-2025 College Term: Quarter Semester

High School: Eastlake High School
Fall, Winter, Spring Qtr. / 1st or 2nd Sem.

District: Lake Washington School District Grade Level: 11th 12th 5th Year Sr^o

For the college term ^a above, the student will be enrolled in high school and skill center classes equaling _____ full-time equivalent (FTE). Student may register for a maximum of _____ college credits, without incurring college tuition costs, based on the above stated high school/skill center FTE.

Comments: Student will pay for credits over 21. Counselor does not recommend taking over 15 credits.

Student must complete the following PRIOR to Spring of Senior year for graduation:

Student must use the equivalency sheet to select classes that meet grad reqs. Student must work on HSBP via Xello and use all proper procedures for RS as stated on the high schools website.

Running Start Funding Limit Table

Enrolled High School		Available College Enrollment	
Weekly Minutes based on high school bell schedule	FTE	Max Allowed FTE	Max Credits
0 - 8	0.00 - 0.00	1.40	21*
9 - 124	0.01 - 0.07	1.33	20*
125 - 224	0.08 - 0.13	1.27	19*
225 - 341	0.14 - 0.20	1.20	18
342 - 457	0.21 - 0.27	1.13	17
458 - 557	0.28 - 0.33	1.07	16
558 - 674	0.34 - 0.40	1.00	15
675 - 790	0.41 - 0.47	0.93	14
791 - 890	0.48 - 0.53	0.87	13
891 - 1,007	0.54 - 0.60	0.80	12
1,008 - 1,123	0.61 - 0.67	0.73	11
1,124 - 1,223	0.68 - 0.73	0.67	10
1,224 - 1,340	0.74 - 0.80	0.60	9
1,341 - 1,456	0.81 - 0.87	0.53	8
1,457 - 1,556	0.88 - 0.93	0.47	7
1,557 - or more	0.94 - 1.00	0.40	6

* Students should check with college about the maximum number of credits allowed. Overages may require college approval.

High School Counselor & Running Start Advisor/Rep

Signature of High School Counselor _____ Date _____

Signature of College Running Start Advisor/Rep _____ Date _____

High School Counselor Printed Name _____ Phone Number _____

College Running Start Advisor/Rep Printed Name _____ Phone Number _____

Recommended Running Start Classes:

College Course (Dept. & Number)	# of College Credits	High School Equivalency	# of HS Credits
		=	
		=	
		=	
		=	

Student & Parent/Guardian

I understand that:

- The student is responsible for understanding when their choice of college course and credit load will result in tuition charges. If the student enrolls for more high school and college credits than are identified in the Running Start State Funding Limit Table, the student is responsible for:
 - paying all college tuition and fees associated with exceeding the college credits identified in the table; or
 - withdrawing from the excess college or high school course(s).
- The student is required to pay any class/lab fees charged for college classes.
- Enrollment in specific college classes cannot be guaranteed—even if the classes are needed to fulfill high school graduation requirements.
- To add/withdraw from a course, the student must complete the college Add/Drop process by the college deadline and notify the high school counselor.
- The student is responsible for ensuring that college courses completed as part of the Running Start program will meet high school graduation requirements.
- If the student plans to transfer, it is the student's responsibility to determine college admissions policies/deadlines and whether credits will transfer.
- After completing the college coursework, students are responsible for requesting official college transcripts through the college's registrar office.

Per the U.S. Department of Education, "If a student is attending a postsecondary institution - at any age - the rights under FERPA have transferred to the student. However, in a situation where a student is enrolled in both a high school and a postsecondary institution, the two schools may exchange information on that student. If the student is under 18, the parents still retain the rights under FERPA at the high school and may inspect and review any records sent by the postsecondary institution to the high school. Additionally, the postsecondary institution may disclose personally identifiable information from the student's education records to the parents, without the consent of the eligible student, if the student is a dependent for tax purposes under the IRS rules."

I acknowledge that I have read and understand both sides of this form, and will comply with the conditions of Running Start participation and the expectations of college course enrollment.

ATHLETICS



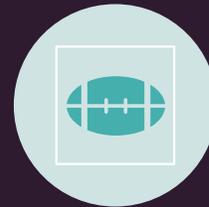
You are considered a non-traditional student



Enrollment in less than 1.0 FTE may make you ineligible for sports



It is the student's responsibility to submit grades at grade checks to Mrs. Hill



Only students can submit grades to the Athletic office (not parents)

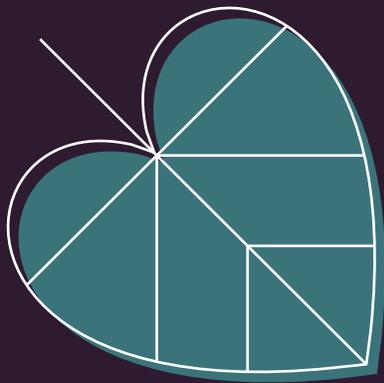


Students must work with professors to make sure grades are posted for grade checks



You must schedule your Running Start classes around your practice times

FOR THE FUTURE...



- Counselors only need to be made aware of your intent to do Running Start AFTER you've completed the steps to enroll in the college.
- It is up to YOU to communicate with your Eastlake Counselor and College Professors, NOT your parents.
- Dropping out of Running Start mid-year can impact your graduation status
- Running Start students are REQUIRED to check their EHS student email

SUMMER RUNNING START

- Summer Running Start will be available to rising juniors (summer between 10th and 11th grade), rising seniors (between 11th and 12th grade), and non-graduating seniors.
- Students can take up to 10 credits in the summer quarter, with rising juniors eligible for 10 credits and other students eligible for the remaining FTE for the year (up to 10 credits).
- Application materials and admission requirements are available on each colleges' website.

ENROLLMENT DATES

	<u>Bellevue College</u>	<u>CWU</u>	<u>LW Tech</u>
Fall Registration Dates	<p>Fall 2025 Quarter New Students please complete all the enrollment steps on the BC website. Online enrollment begins May 14th. Deadline to submit by September 17th.</p> <p>Register for a Running Start informational session Here</p>	<p>Fall 2025 applications will be accepted from now - September 17, 2025. Visit the CWU website here.</p>	<p>Attend a Running Start information session.</p> <p>New student/open registration-May 8th</p> <p>https://www.lwtech.edu/calendar/</p>
Summer Registration Dates	<p>Deadline: Submit online by June 16, 2025. All steps must be completed to start class in July.</p> <p>New Students please complete all the enrollment steps on the BC website.</p> <p>Summer enrollment Information will be updated before May and can be found here.</p>	<p>Registration for summer quarter will open on May 5th. The deadline for summer applications is June 16th.</p>	<p>Summer quarter registration dates: New student/open registration-May 8th</p> <p>https://www.lwtech.edu/calendar/</p> <p>Questions regarding enrollment contact: running.start@lwtech.edu</p>

WHAT IS NEXT?

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graph LR; A((Register: Register in a program of your choice! Follow the process at the specific school: info sessions, placement tests, submitting any necessary paperwork.)) --> B((Review: Review the Agreement and RSEVF with a parent/guardian)); B --> C((Notify your EHS Counselor you are ready to proceed with the RSEVF.))
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ATTENDANCE

