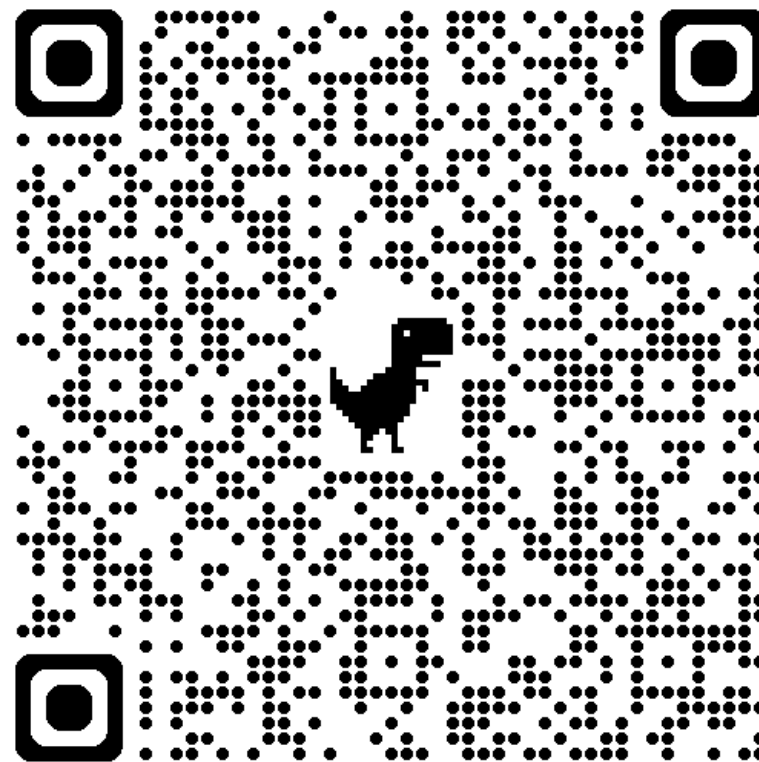




# EHS Running Start

Info Session for the 2026-2027 School Year

Scan to Sign-In



# What is Running Start (RS)?

---

Running Start is a program that allows 11th and 12th grade students to take college courses at local community and technical colleges, **earning both high school and college credit at the same time**, free of tuition.

---

Students enroll in college courses to fulfill their remaining high school graduation requirements, while simultaneously earning college credit.

# Who is Eligible?

## Requirements

- Must be in 11<sup>th</sup> or 12<sup>th</sup> grade
- Students must retain at least one credit-bearing high school graduation requirement for their senior year; students who complete all graduation requirements (including 24 credits and subject-area requirements) by the end of junior year will not be eligible to participate in Running Start during their senior year.
  - **TIP:** Reserve at least one credit-bearing graduation requirement for senior year to remain eligible (e.g. senior English).
- Complete English/Math placement at the college (placement tests/transcript/SBA scores)
- Must meet all program deadlines

## Cost

- LWSD covers the cost of tuition for 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 take college-level courses
- **Adult Learning Environment:** Students with academic interests not being met at a traditional high school can often flourish in a different setting
- **Schedule Flexibility:** Wider range of class times, in-person, online & hybrid options, fewer days on campus (potentially)
- **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 course
- **Earn more HS credit per year:** Due to the quarter system, students have the option of earning more high school credit than a 6-period day at EHS allows
- **Wider variety of classes:** The colleges often offer a more extensive list of course offerings

# Academic Considerations

- **Maturity & Independence:** College-level pace; less academic support from professors
- **Transcript Impact:** Grades affect **both** high school and college transcripts
- **Class Availability:** Not guaranteed—intentional planning required
- **Math Placement:** Algebra 2 RST is not college-level and requires out-of-pocket payment
- **College Credit Transfer:** Credits may not transfer to all (especially out-of-state/private colleges)
- **Scheduling Challenges:** Balancing EHS schedule with RST; conflicting vacations
- **Yearlong Commitment:** Fall, Winter, and Spring quarters
- **Graduation Requirements:** Must still meet all EHS graduation requirements



# Personal Considerations

---

## **Personal Readiness**

Maturity, independence, motivation, organization & time management

---

## **Cost**

Tuition covered; books, fees, and transportation are student's responsibility

---

## **Transportation**

Student is responsible

---

## **Athletics**

Must meet WIAA eligibility if participating in sports

---

## **EHS Involvement**

Still an EHS student—can participate in clubs, sports, dances, and activities

---

## **EHS Campus Access**

Allowed on EHS campus for appointments or school activities

---

## **Adult Learning Environment**

College classes include adults of all ages

---

## **Future Planning**

Entering college with credits may add pressure to declare a major earlier

# Local Running Start Programs



## Bellevue College (BC)

- Large campus
- Multiple AA/AS degree options
- Transfer degree is most popular
- 4-year degree offerings
- Wide variety of courses options
- In-person and online course options
- [BC Website](#)



## 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
- [LWTech Website](#)



## Central Washington University (CWU)

- No longer have a campus in Sammamish
- Fully online program & classes
- Work closely with advisor
- No transfer degrees
- More limited course offerings
- [CWU Website](#)

# RS Enrollment Steps

---

## Step 1: Research

Review all information on the EHS RS website, research your options, and select your Running Start Program. Visit the college's RS website for information about the college's requirements, enrollment process and deadlines.

---

## Step 2: Enroll at the college

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

*Once you have a RS Student ID #, then move to step 3.*

---

## Step 3: Complete RSEVF

1. Review the [Running Start Agreement](#) prior to the meeting.
2. Download and complete the [RSEVF](#). Complete the student section & get a parent/guardian signature.
3. Email your counselor to set up an intake meeting. (Bring your guardian-signed RSEVF to the meeting)

---

## Step 4: Submit RSEVF to the college

Submit your completed RSEVF to the college and complete their course registration process. Use the [Equivalency Chart](#) to help determine what classes count for specific graduation requirements. You will submit a RSEVF each quarter.

# How do I select RS classes that meet my high school graduation requirements?

1. Review your remaining graduation requirements in Skyward.
2. Using the course [Equivalency Chart](#) and the college's course catalog, select classes that meet your remaining graduation requirements.
  - 5 RS credits = 1 high school credit
3. Register for classes at the college.

Running Start High School Course Equivalencies  
Lake Washington School District 2025-2026

	Bellevue College <a href="http://www.bellevuecollege.edu">www.bellevuecollege.edu</a> 425.564.2026	Cascadia College <a href="http://www.cascadia.edu">www.cascadia.edu</a> 425.352.8146	CWU-Sammamish <a href="mailto:cwu_sammamish@cwu.edu">cwu_sammamish@cwu.edu</a> 425.392.2110	Lake WA Institute of Technology <a href="http://www.lwtech.edu">www.lwtech.edu</a> 425.739.8100 ext.435
ENGLISH	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above	ENGL& 101 and above
US HISTORY	HIST& 146, 147, 148	HIST& 146, 147, 148, 150	HIST 143, 144	HIST& 147, 148
CIVICS	POLS& 202	POLS& 202	POSC& 210	POLS& 202
CONTEMPORARY WORLD PROBLEMS	GEOG 102, 105, 123 HIST 103, 120 POLS 175, 203, 206	GS 101, 150, 220 HIST 262 POLS 203	POSC 270	Not Available
SOCIAL STUDIES ELECTIVES	Anthropology 100-215 Cultural Ethnic Studies 100-299 Geography 100-258 History 101-120, 150-280 International Studies 105-227 Philosophy 101-265 Political Science 101-250 Psychology 100-260 Sociology 101-278	American Indian & Indigenous Studies 102, 103 Anthropology 100-207 Geography 120,250 Global Studies 101-220 History 126-268 Humanities 107-150 Philosophy 101-260 Political Science 101-455 Psychology 100-251 Sociology 101-440	Anthropology 110 Geography 101 History 100 and above Political Science 270 Psychology 101, 205, 242 Sociology 107 Women/Gender Studies 201	History 100 and above Psychology 100, 200, 220 Sociology 101
WA STATE HISTORY	HIST& 214	HIST& 214	HIST& 301	Not Available
HEALTH	HLTH 250, NUTR 101	NUTR& 101	HED 101, NUTR 101	NUTR& 101
PHYSICAL EDUCATION	Any PE course	Not Available	PEF 201	Not Available
FINE ARTS, MATH, SCIENCE, WORLD LANGUAGE and ELECTIVES	Any Fine Arts course level 100 or greater. Any Math course above 107 (for placement into Math&107 or lower, consult your counselor). Any Science course level 100 or greater (2.0 lab courses, 1.0 elective). Any World Language course level 100 or greater. Any Elective course level 100 or greater. Select coursework that supports your post high school plan.			
CAREER & TECHNICAL EDUCATION	Examples include but are not limited to: Accounting, Allied Health, Business/Business Tech, Computer Science, Criminal Justice, Cyber Security, Data Analytics, Digital Marketing, Digital Media Arts, Early Childhood Ed, Economics, Education, Engineering, Information Technology, Interior Design, Marketing Management, All Health Tech courses, Software Development, and STEM.			
NOTES:			College Credit to High School Credit Conversion	
<ul style="list-style-type: none"> <li>• Not every course is offered each quarter, and not all courses are available on every campus</li> <li>• Cover graduation requirements first to ensure you do not miss a required course for graduation.</li> <li>• Courses numbered 099 or below are not considered part of RS and will not be funded or counted as college credit. However, if you elect to self-pay for such a course, it may still count for high school credit.</li> <li>• Consult with your HS counselor when choosing courses to meet graduation requirements.</li> <li>• To earn a HS diploma from LWSD, you are required to take these specific courses to meet state and district requirements.</li> <li>• CTE courses may support a Graduation Pathway. Consult your HS counselor for more information.</li> </ul>			<b>College Credit</b>	<b>HS Credit Applied to Transcript</b>
			6	1.2
			5	1.0
			4	.8
			3	.6
2	.4			
1	.2			

# Full Time vs. Part Time Enrollment

Students may enroll in Running Start as **full-time** or **part-time**

- **Full-Time RS:** all classes taken at the college (up to 21 credits per quarter)
- **Part-Time RS:** classes split between the college and EHS; eligible college credits depend on the number of EHS classes you take

Things to consider for part-time enrollment:

- **Commute time** between EHS and the college
- Counselors will support schedule balancing in August once student schedules are finalized
- Students **prioritize EHS classes first**, then plan college courses around that schedule. **EHS schedules do not change** during the year to accommodate Running Start classes
- Breaks and yearly schedules differ between EHS and the colleges. (semesters vs. quarters)



# Running Start Enrollment Verification Form (RSEVF)

Students complete and submit a RSEVF at the beginning of each quarter (Fall, Winter, Spring).

**AFTER** you have enrolled at your chosen college (have a RS Student ID #):

## Complete RSEVF:

1. Review the [Running Start Agreement](#) prior to the meeting.
2. Download and complete the [RSEVF](#). Complete the student portion & get a parent/guardian signature.
3. Email your counselor to set up an intake meeting. (Bring your guardian-signed RSEVF to the meeting)

Submit your completed RSEVF to the college and complete their course registration process. Use the [Equivalency Chart](#) to determine what classes count for specific graduation requirements.

Student		Counselor or Authorized HS/District Administrator	
Name (Last, First): _____		<input type="checkbox"/> Check if this is a revision <input type="checkbox"/> Student Over 18	
Phone: _____ Email: _____		<input type="checkbox"/> New Student <input type="checkbox"/> Returning Student	
High School: _____		<input type="checkbox"/> Homeschool Student <input type="checkbox"/> Private School Student	
High School SID #: _____ District: _____		<input type="checkbox"/> Student Enrolled in Multiple Colleges (Requires separate RSEVF for each college.) Name(s) of additional college(s): _____	
College: _____ College SID/ctcLink #: _____		<input type="checkbox"/> Spring Quarter Eligibility Adjustment Form (SQEAF) attached.	
College Term: <input type="checkbox"/> Quarter _____ OR <input type="checkbox"/> Semester _____ (Fall, Winter, Spring) (1 <sup>st</sup> or 2 <sup>nd</sup> )		FRPL $\diamond$ eligibility in past 5 yrs. <input type="checkbox"/> Yes <input type="checkbox"/> No	
Consent to share FRPL/income status for purpose of college fee waiver <input type="checkbox"/> Y <input type="checkbox"/> N			

Running Start Classes (by Student)		High School Equivalency (by Counselor/Administrator)	
College Course (Dept. & Number)	# of College Credits	High School Equivalency	# of HS Credits
	=		
	=		
	=		
	=		

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.

Available College FTE/Credits (by Counselor/Administrator)
For the college term <sup>a</sup> 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 high school/skill center FTE above.
Student Grade Level: <input type="checkbox"/> 11th <input type="checkbox"/> 12th <input type="checkbox"/> 5th Year Sr $\circ$
Comments: _____
_____
_____

High School/District Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Printed Name & Title: \_\_\_\_\_

College Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Printed Name & Title: \_\_\_\_\_

Student & Parent/Guardian Acknowledgement
I understand that:
<ul style="list-style-type: none"> <li>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 Funding Limit Table, the student is responsible for:               <ol style="list-style-type: none"> <li>1) paying all college tuition and fees associated with exceeding the college credits identified in the table; or</li> <li>2) withdrawing from the excess college or high school course(s).</li> </ol> </li> <li>Unless waived based on family income, the student is required to pay any college/lab fees charged for college classes.</li> <li>The signature below acknowledges the need to share FRPL eligibility only with the college to ensure access to tuition/fee waivers. Choosing not to disclose income status (see checkbox in "Student" section) will not affect eligibility for Running Start or free and reduced-price meals. Individuals receiving the information will not share it with any other entity or program.</li> <li>Enrollment in specific college classes cannot be guaranteed—even if the classes are needed to fulfill high school graduation requirements.</li> <li>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.</li> <li>The student is responsible for ensuring that college courses completed as part of the Running Start program will meet high school graduation requirements.</li> <li>If the student plans to transfer, it is the student's responsibility to determine college admissions policies/deadlines and whether earned college credits will transfer.</li> <li>After completing their college coursework, students are responsible for requesting official college transcripts through the college's registrar's office.</li> </ul>
<p><i>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 parent[s] [or guardian[s]] 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 parent[s] [or guardian[s]], without the consent of the eligible student, if the student is a dependent for tax purposes under the IRS rules."</i></p>

# Athletics & Running Start



RS students are considered non-traditional students (do not attend EHS full time).



Must complete Running Start and WIAA Eligibility contract in [FinalForms](#). Return the completed form to the athletic office.



Enrollment in less than 1.0 FTE may make you ineligible for sports (6 credits per year)



Student's responsibility to submit grades at grade checks to athletic office (Ms. Hill). Provide a copy of previous semester and most recent quarter grades.



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



If you intend to play a collegiate sport, it's your responsibility to make sure your courses are NCAA approved.

Visit the [EHS Athletics](#) website for more information.

# AP vs. Running Start

	Running Start	AP
What is it?	<ul style="list-style-type: none"> <li>Running Start is a program that allows 11th and 12th graders to take college courses at Washington's community and technical colleges.</li> <li>Students earn both high school and college credits for these courses</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
Rigor?	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>AP is considered college Level work desired by many college admission offices.</li> <li>The AP curriculum and exam grading rubric are standardized across states and countries.</li> </ul>
College credit?	<ul style="list-style-type: none"> <li>Student earns credit and establishes a transcript.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
Credit best transfers to...	<ul style="list-style-type: none"> <li>Washington state colleges</li> <li>Some out-of-state schools</li> </ul>	<ul style="list-style-type: none"> <li>Most colleges with appropriate AP Test Scores.</li> </ul>

# Summer Quarter Running Start

- Summer quarter RS is available to rising juniors (between 10th and 11th grade), rising seniors (between 11th and 12th grade), and non-graduating seniors.
- Students may be eligible for up to 10 credits in summer quarter.
  - Rising juniors (and new RS students) are eligible for up to 10 credits during summer.
  - Rising seniors credit limit will be calculated based on the number of RS credits the student took during that school year (remaining FTE for the year).
- Application materials and admission requirements are available on the college's website. Students will follow the same RS enrollment steps at the college for summer quarter. See the college's website for Summer enrollment dates.
- There will be a different RSEVF specific for summer quarter. More info to come.

# For the future...



Only your first RSEVF requires an in-person meeting with your counselor. All future RSEVFs are completed digitally. *(See steps for returning RS students on EHS website)*



It is up to YOU to communicate with your EHS counselor and college professors, NOT your parents.



Dropping out of Running Start mid-year can impact your graduation status. RS is a yearlong commitment.



Running Start students are **REQUIRED** to check their EHS student email regularly. This is how we will contact you.

**\*Tip:** Complete the admissions and RSEVF process by the end of April, so you are ready to register for classes in May!

# What is next?

1

Enroll in the program of your choice! Follow the process at the specific school: info sessions, placement process, submitting any necessary paperwork.

2

Review the Running Start Agreement and RSEVF with a parent/guardian. Determine whether you want to do full-time or part-time RS.

3

Notify your EHS counselor that you have completed the college enrollment steps and are ready to set up an intake meeting!

EHS Running  
Start website →

