Running Start Information

Glacier Peak High School

March 26, 2026

Running Start

Agenda:

- **How does Running Start work?**
- **Who should consider Running Start?**
- **Running Start information packet**
- **Steps to enroll**

What is Running Start?

Running Start is a program that allows 11th and 12th grade students to take college courses at a community or technical college.

- High school and college credits
- Classes are at the college
- Taught by college instructors
- Full-time or part-time
- College level placement required for tuition free enrollment
- Different than College in the High School (CHS), CTE Dual Credit, and AP



What is Running Start?

- Tuition-free: traditionally up to 15 credits, now up to 18 or even 21
- Families incur some costs: textbooks, class fees, parking, courses under 100 level
- Summer classes have not been tuition-free in the past, though some exceptions now exist.
- Transportation is not provided to the college.
- Students must maintain good standing in GPA.



Running Start:
What classes do students take?

- High school counselors
- High school graduation requirements
- Course equivalencies

  Example: Civics at GP =
  Political Science 202 at EvCC
- College advisor
- College goals



Course Equivalencies

Snohomish School District Running Start Class Equivalencies 23-24						
	Cascadia College	**Everett Community College**	**Edmonds Community College**	**Shoreline Community College**	**Bellevue College**	**Lake Washington Technical College**
English	ENGL& 101+	ENGL& 101+ JOURN 101, JOURN 110, JOURN 111	ENGL& 101+ HUM 108, HUM 109, HUM 235, JOURN 115+	ENGL& 101+	ENGL& 101+	ENGL& 101+
Mathematics	MATH 095*, MATH& 107+, ACCT 140 MATH 085* ~ACCT 140, ~ACCT& 201+ ~IT-CS 142 (RCW 28A.230.300)	MATH 096*, MATH 099*, MATH 100+ ~ACCT 110, ~ACCT& 201+ ~CS& 141, CS 110 (RCW 28A.230.300)	Math 097*, MATH& 107+ MATH 087* ~ACCT& 201+ ~CS& 141, ~CS 115 (RCW 28A.230.300)	Math 099*, MATH& 107+, ~ACCT 104, ~CS 121 ~ACCT& 201+ ~CS& 141 (RCW 28A.230.300)	MATH 098*, MATH 099*, MATH& 107+, ~ACCT 101, ~BUS 145 MATH 097* ~ACCT& 201+ ~CS 209+ (RCW 28A.230.300)	MATH 098*, MATH 099*, MATH& 107+, ACCT 111, ACCT 121, ACCT& 201+, ENGT 131, ENGT 132 ~MATH 090 ~CS& 141 (RCW 28A.230.300)
Science	ASTR& 100+, ATMS 101, BIOL 120+, CHEM& 105+, ENVS& 101+, GEOL& 101+, NSCI 101+, OCEA& 101+, PHYS& 100+ ~IT-CS 142 (RCW 28A.230.300)	ASTR& 100+, BIOL&100+, CHEM&110, BOT 113+, ATMS 101, ENVS& 100+, GEOL 102+, OCEA& 101+, PHYS 102+ ~CS& 141, ~CS 110 (RCW 28A.230.300) NAT S 107	ASTR& 110+, ANTH& 215, BIOL& 100+, CHEM& 110+, GEOL& 101+, PHYS& 110+, ENVS& 101+, HORT 102+ ~CS& 141, ~CS 115 (RCW 28A.230.300)	ASTR& 101+, BIOL 107+, CHEM& 110+, ENVS& 100+, GEOL& 101+, PHYS 110+, OCEA& 101+ ~CS& 141 (RCW 28A.230.300)	ASTR& 100+, BIOL& 100+, BOTAN 110+, CHEM 100+, ENVS& 100+, OCEA& 101+, PHYS& 100+ GEOL& 101+, ENVS& 100, ANTH& 215, ~CS 209+ (RCW 28A.230.300)	CHEM& 121+, PHYS& 114+, ENVS& 101, HORT 103+, GEOL& 101 BIOL& 160 ~CS& 141 (RCW 28A.230.300)
U.S. History	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148 HIST 104, HIST 105, HIST 106	HIST& 136, HIST& 137, HIST& 146, HIST& 147	HIST& 146, HIST& 147, HIST& 148	HIST& 146, HIST& 147, HIST& 148

	Cascadia College	**Everett Community College**	**Edmonds Community College**	**Shoreline Community College**	**Bellevue College**	**Lake Washington Technical College**
Government	POLS& 202, POLS& 204, POLS 206	POLS& 202, POLS& 204, POLS 205	POLS& 202, POLS& 204, POLS 206	POLS& 202	POLS& 202	POLS& 202
WA State History	HIST& 214	HIST& 214	HIST& 214	HIST& 214	HIST& 214	Not Available
World History	HIST& 126, HIST& 127, HIST& 128	HIST 103, HIST 111, HIST 112	HIST 111, HIST 112, HIST& 116, HIST& 117, HIST& 118, HIST& 126, HIST& 127, HIST& 128	HIST 234, HIST 235, HIST 236, HIST 237, HIST 238 HIST& 116, HIST& 117, HIST& 118	HIST 103 HIST 120	HIST& 126
World Language	ASL& 121+, CHIN& 121+, FRCH& 121+, JAPN& 121+, SPAN& 121+	ASL&121+, ARAB 121 +, CHIN& 121+, FRCH& 121+, GERM&121+, ITAL 121+, JAPN& 121+, RUSS&121+, SPAN 121+, SWA 121+	ARAB 100+, ASL&121+, FRCH& 121+, JAPN& 121+, SPAN& 121+	ASL& 121+, CHIN& 121+, FRCH& 121+, JAPN& 121, SPAN& 121+	ASL121+, CHIN&121+, FRCH&121+, GERM& 121+, ITAL 121+, JAPN& 121+, SPAN& 121+	ASL& 121+, SPAN& 121+
Fine Art	ART 100+, DRMA& 101+, MUSC 105+	ART 100+, DRMA 100+, PHOTO 110+, FILM 100+, MUSC 105+ GRAPH 113+	ART 100+, DANCE 130+, VISCO 110+, MUSC 101+, DRMA& 101, PHOTO 101+	ART& 100+, CINEM 201+, DRMA& 101+, MUSC 100+, VCT 101+	ART 100+, DANCE 130+, DMA 100+, DRMA& 101+, MUSC 100+	ART& 100+, DSGN 117+,
Physical Ed	Not Available	PEHW 100-199	PE 100+	PE 105+, NUTR 188	PE 100+	Not Available
Health		PEHW 203 (health only)	HLTH 100+	Not Available	HLTH 250	Not Available
Career & Technical Education	Any Business, Technology, Vocational, or Family & Consumer Science course level 100 or greater. Speak with your school counselor for information.					

NOTES:

An * symbol indicates a course under 100 level; this class will not be paid for through Running Start.
A ~ symbol indicates that course is equivalent to a third-year math or science course.
An & symbol in the title indicates that course is equivalent at community colleges across the state.

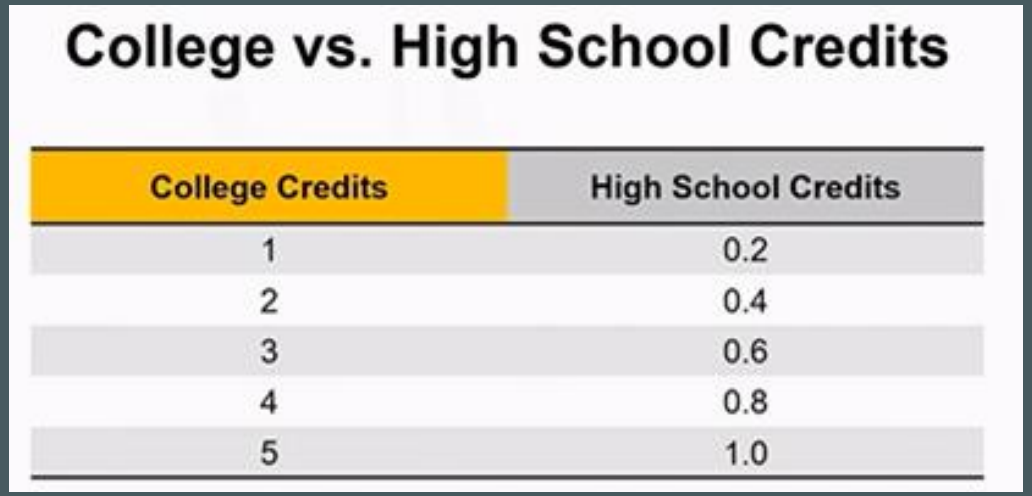
Any course not listed in a subject area above can be Any course not listed in a subject area above can be taken but
Each college credit is equal to 0.2 high school credit. (Example: 5 college credits = 1.0 high school credit)

# of High School Classes	**Free College Credits**
0-1	15
2	12
3	10
4	6
5	3
6	0

Updated: November 3, 2023

College vs. High School Credits

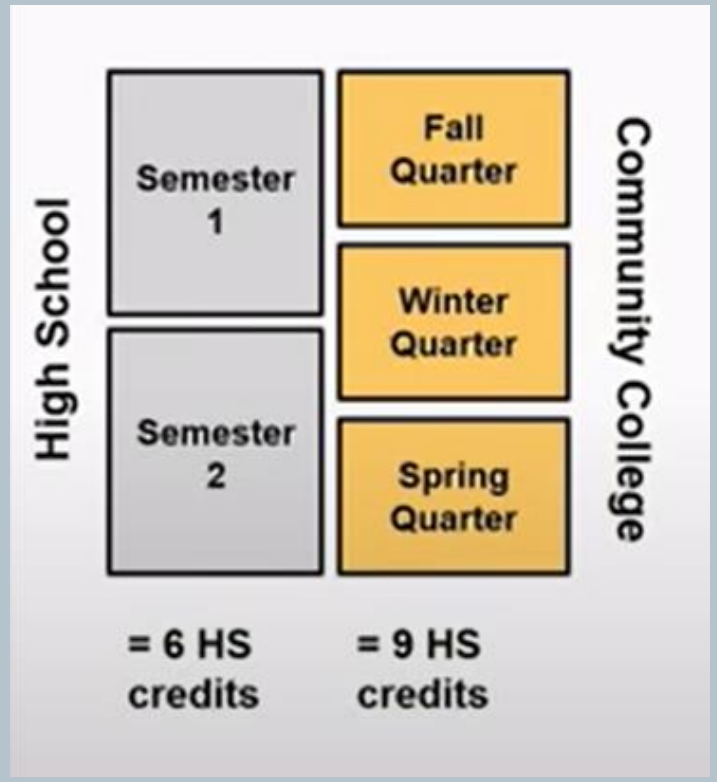
5 = 1



College vs. High School Credits

College Credits	High School Credits
1	0.2
2	0.4
3	0.6
4	0.8
5	1.0

- **One 5 credit college class is equivalent to 1 credit at the high school. For example, if you take English 101 (5 credits) at the community college that will count for the entire year of English 11 at the high school.**



Semesters vs. Quarters

- **GP has two semesters →**

  3 high school credits per semester …

  6 high school credits per year

- **Running Start has three quarters →**

  15 college credits = 3 high school credits per quarter …

  45 college credits = 9 high school credits per year

Credits and Schedules

Sample Running Start Schedule at a college with 15 credits per quarter

	Fall	Winter	Spring
	English 101	US History 146	Physics 101
	Math 141	Spanish 123	Art 101
	Elective	Math 142	Elective
High School Credits Earned	**3**	**3**	**3**

Sample GP Schedule Junior Year

	Semester 1	Semester 2
	English 11 A	English 11 B
	Physics A	Physics B
	Precalculus A	Precalculus B
	US History A	US History B
	Spanish 3 A	Spanish 3 B
	Elective A	Elective B
High School Credits Earned	**3**	**3**

Which colleges do GP students attend?

Everett Community College	Ocean Research College Academy (ORCA) through EvCC	Cascadia College
Edmonds College	Lake Washington Institute of Technology	Bellevue College

EDMONDS COLLEGE

CALENDAR CLASS SCHEDULE APPLY GIVE

New? Start Here | Programs & Degrees | Admission & Tuition | Student Services

← Edmonds College ← Programs and Degrees ← Running Start

RUNNING START FAMILY NIGHTS

Learn more about the Running Start program at Edmonds College.

Our information sessions provide an overview of the Running Start program, Edmonds College, the enrollment process, and time for questions from the audience. Certain dates may also include additional information about the college, courtesy of special guest presenters! All sessions are held via Zoom webinar.

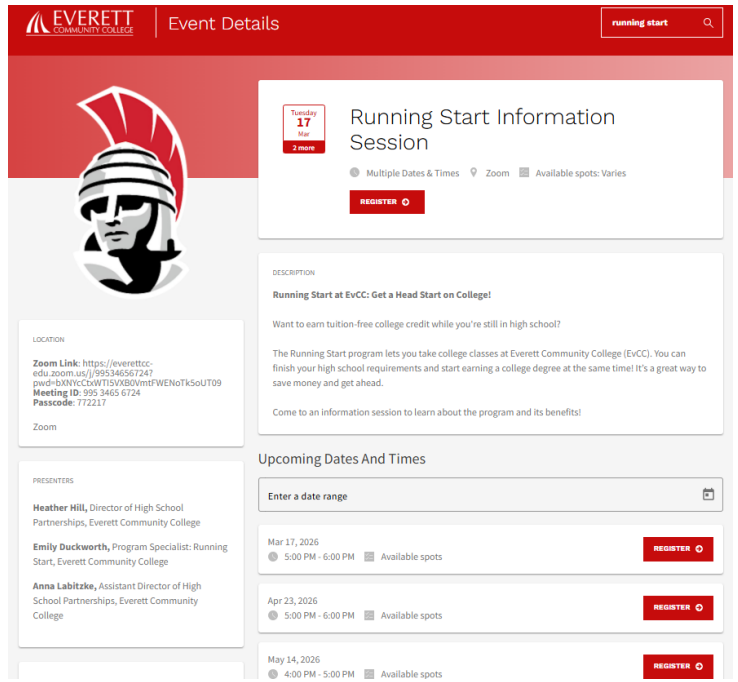
Live Spanish interpretation is offered at every session.

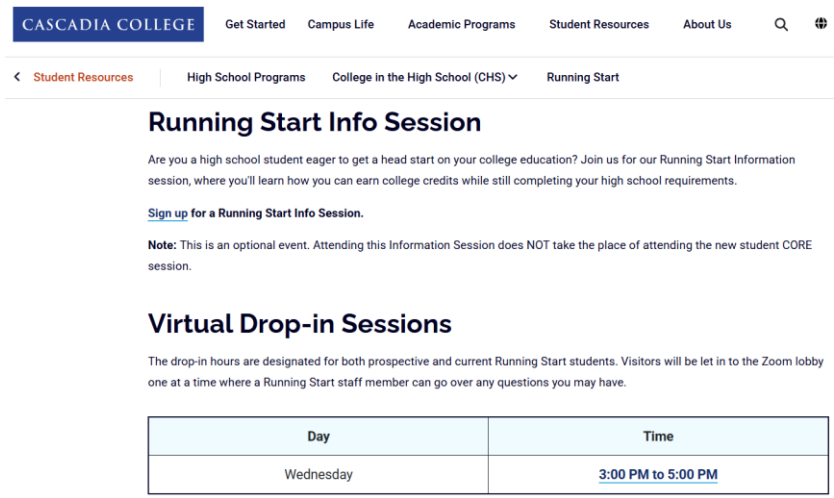
Family Night Information Session Registration:

Wednesday, February 18, 2026, 6:00-7:00 p.m.

Wednesday, March 18, 2026, 6:00-7:00 p.m.

Wednesday, April 15, 2026, 6:00-7:00 p.m.





ORCA - Ocean Research College Academy @EvCC



ORCA is an early college academy for high school students, who can earn up to two years of college credit while completing their high school education. Most students graduate with an associate degree in addition to a high school diploma.

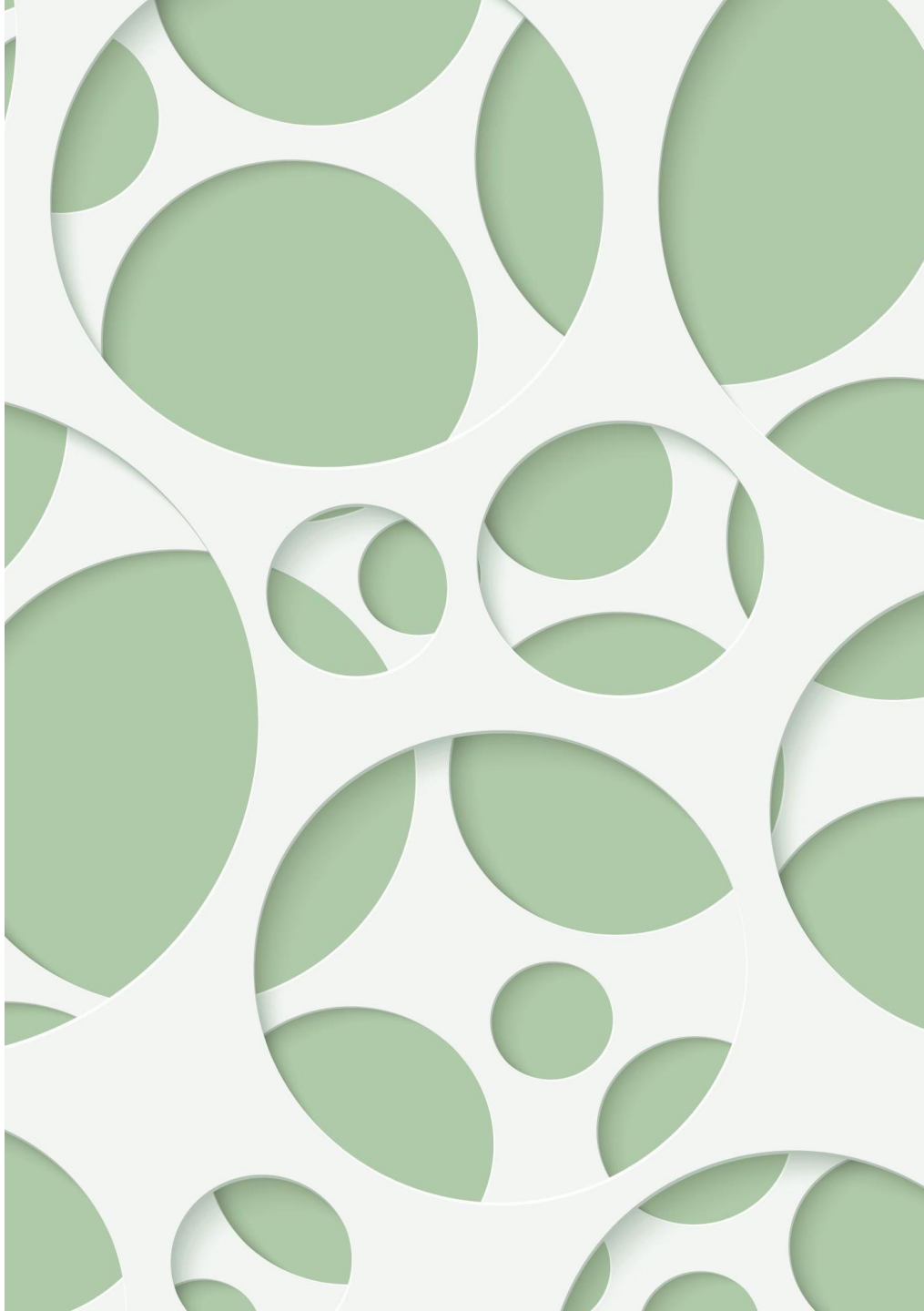
ORCA Program Information Sessions (Blue Heron Room at the Port of Everett Waterfront Center).

•Thursday, April 16, 2026 @ 6:00-7:30 pm.

Running Start Enrollment Steps

Check these steps off as they are completed

- ☐ Student and parent/guardian **read through this entire packet**.
- ☐ Student and parent/guardian **research colleges** for Running Start and **choose** which one the student will apply to.
    - Google search: "(Name of College)" and "Running Start". Colleges most often attended by GP students: Everett Community College, Cascadia College, Edmonds College, Bellevue College, Lake Washington Technical Institute.
    - Go to the Running Start webpage of the college of your choice to sign up for and attend a Running Start information session (if offered by the college).
- ☐ Student **applies to Running Start on the college's website and completes all steps of the application process**.
- ☐ Student **completes English placement** through the college (**and Math placement** if planning on taking a math course through Running Start next year). The placement process differs by college and may involve taking a test (e.g., Accuplacer) or submitting materials (e.g., transcript, SBA scores, etc.).
- ☐ Student and parent/guardian **complete and sign the agreement at the end of this packet**.
- ☐ Student and parent/guardian **send or give the attached agreement to the student's GP counselor**, who will set up a meeting to change GP course requests and create a Running Start Enrollment Verification Form (RSEVF).
- ☐ Student **sends the completed RSEVF to the Running Start Office** at the college.
- ☐ Student **completes college requirements for advising** and **registers** for college classes on the college's website.

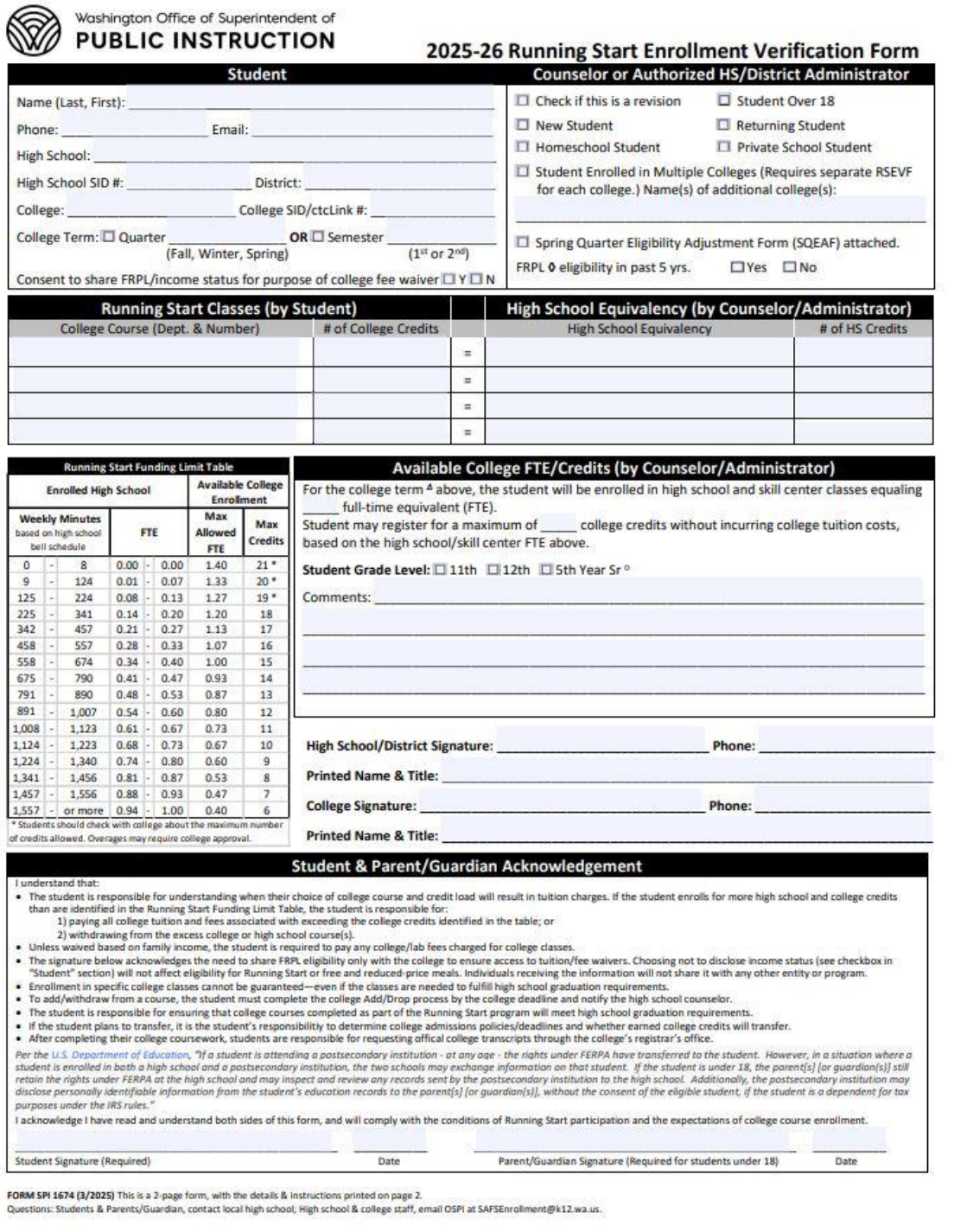


Running Start Placement

- Students should place into college level English (and Math if planning on taking a math course at the college)
- Placing into English 101 predicts that students are academically ready to take college level courses
- Each college has placement options
- Please review the placement requirements at each college you are considering

Running Start Enrollment Verification Form (RSEVF)

- Your RSEVF is completed with your high school counselor **EVERY** quarter you attend Running Start.
- It is your responsibility to schedule an appointment with your counselor to complete your RSEVF at least 7 days before your registration date.
- Your registration will be blocked each quarter until you submit your RSEVF.



Washington Office of Superintendent of
PUBLIC INSTRUCTION

2025-26 Running Start Enrollment Verification Form

Student

Name (Last, First): _____

Phone: _____ Email: _____

High School: _____

High School SID #: _____ District: _____

College: _____ College SID/ctcLink #: _____

College Term: ☐ Quarter _____ **OR** ☐ Semester _____
(Fall, Winter, Spring) (1st or 2nd)

Consent to share FRPL/income status for purpose of college fee waiver ☐ Y ☐ N

Counselor or Authorized HS/District Administrator

☐ Check if this is a revision ☐ Student Over 18
☐ New Student ☐ Returning Student
☐ Homeschool Student ☐ Private School Student
☐ Student Enrolled in Multiple Colleges (Requires separate RSEVF for each college.) Name(s) of additional college(s):

☐ Spring Quarter Eligibility Adjustment Form (SQEAF) attached.

FRPL ◊ eligibility in past 5 yrs. ☐ Yes ☐ No

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 ▲ 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: ☐ 11th ☐ 12th ☐ 5th Year Sr °

Comments: _____

High School/District Signature: _____ **Phone:** _____

Printed Name & Title: _____

College Signature: _____ **Phone:** _____

Printed Name & Title: _____

Student & Parent/Guardian Acknowledgement

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 Funding Limit Table, the student is responsible for:
  1) paying all college tuition and fees associated with exceeding the college credits identified in the table; or
  2) withdrawing from the excess college or high school course(s).
- Unless waived based on family income, the student is required to pay any college/lab fees charged for college classes.
- 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.
- 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 earned college credits will transfer.
- After completing their college coursework, students are responsible for requesting offical college transcripts through the college's registrar's 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 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 acknowledge 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.

_____ _____ _____ _____
Student Signature (Required) Date Parent/Guardian Signature (Required for students under 18) Date

FORM SPI 1674 (3/2025) This is a 2-page form, with the details & instructions printed on page 2.
Questions: Students & Parents/Guardian, contact local high school; High school & college staff, email OSPI at SAFSEnrollment@k12.wa.us.

How many classes can Running Start students take?*

Periods at GPHS	Tuition-Free College Credits
0-1	15
2	12
3	10
4	7
5	4
6	3

*This table (found in the course equivalency chart) is out of date (students now have access to more credits – see RSEVF), but it is still helpful to know what used to be considered a full schedule.

Is Running Start right for you?



Are you an independent learner?



What are your goals in taking college classes?



What are your post high school plans?



Are you comfortable with new and diverse situations?



Are you excited about academic challenges?

Final Thoughts to Consider

- Register for GP classes until you are a registered Running Start student.
- Social life – will you miss your high school relationships?
- Academic rigor – are you ready?
- Maturity and independence
- Cost of books, fees, parking, transportation
- Conflict with high school schedules and holiday breaks
- Quarters vs. Semesters
- Availability of required courses
- Stay connected to GP through the GP Weekly Bulletin, StudentSquare, and the GP Website