

Tonasket High School

Running Start Equivalency/Requirements

Starting Fall 2026 Juniors

Running Start students must complete all Tonasket High School (THS) graduation requirements to earn their diploma. College credits convert at a 5:1 ratio, with five college credits equaling one THS credit. Students should meet with their high school counselor each quarter before enrolling in college classes. **All required coursework must be finished by the end of the winter quarter for graduation eligibility.**

11th grade - English composition

- English 101: General Composition **and one of the following:**
 - English 250: American Literature
 - English 111: Introduction to Literature
 - English 112: Introduction to Fantasy
 - English 113: Introduction to Poetry
 - English 215: Fantasy Fiction
 - English 240: World Literature
 - English 247: Multicultural Literature
 - English 255: Women's Literature

12th grade - English Composition

- English 201: Advanced Essay **or**
- English 202: Critical Analysis **or**
- English 203: Research Composition **and one of the following:**
 - English 215: Fantasy Fiction
 - English 240: World Literature
 - English 247: Women's Literature
 - English 275: Fiction Writing
 - English 226: British Literature
 - Hum 206: Mythology & Symbolism
 - Hum 207: Comics & Graphic Novels

11th grade - U.S. History

- History 146: U.S. History I **and one of the following:**
- History 147: U.S. History II
- History 214: Pacific Northwest History
- History 219: Native American History

12th grade - CWP - Choose TWO

- Anthropology 206: Cultural Anthropology
- Economics 101: Intro to Economics
- Economics 201: Micro Economics
- Economics 202: Macro Economics
- Political Science 101: Intro to Pols
- Political Science 202: American Government
- Political Science 203: International Relations
- Political Science 205: Contemporary World Problems
- Political Science 206: State and Local Politics
- Geography 101: Intro to Geography
- Geography 200: Intro to Human Geography
- Geography 207: Geography of the Economy

Science Equivalency (2)

- Any lab science

Occupational Education (1st year)

- SDS 101: Student Development Skills **and**
- BCT 105: Computer Applications

Health Equivalency- choose one

- PEH 180: Personal Wellness
- PEH 181: Health and Wellness
- Nutr 101: Nutrition

Art Equivalencies

Any Art, Music, or Theater

*Foreign Language

- 2 years if planning on transferring