

# Saline Cross Country Varsity Letter Requirements

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In order to be considered for a Varsity Letter, a cross country athlete must meet the following standards:

1. Accumulate **at least 35 letter points**. Points will be awarded as follows:

**Summer Miles:** points for summer miles will be awarded as follows-

100	-	1
200	-	2
300	-	4
400	-	6
500+	-	8

**Time Trials/Scrimmages:** one (1) point for placing in the top 5.

**Dual Meets:** two (2) points for finishing in our varsity (top seven by time) in a dual meet.

**Jamboree Meets:** two (2) points for finishing in our varsity (top seven by time) and additional points awarded by place (JV race points in parenthesis):

	<u>First</u>	<u>Second</u>	<u>Third</u>
top 10	3 (2)	3 (2)	4 (2)
11 - 20	2 (1)	2 (1)	3 (1)
21 - 30	1		

**Invitationals:** two (2) points for finishing in our varsity (top seven by time) and additional points awarded by place in varsity race. When a "B" team runs on the same course only top seven count. When a "B" team runs at a different course then top 7 at each course count.

<u>"A" type</u>	<u>"B" type</u>	<u>"C" type</u>
top 20 4	top 15 3	top 15 2
21 - 40 3	16 - 30 2	16 - 30 1
41 - 60 2	31 - 45 1	

**Classification of Invitationals:**

"A" type - 140+ runners	(MSU Invite, Jackson, Portage)
"B" type - 57-139 runners	(Ypsilanti, Gabriel Richard)
"C" type - up to 56 runners	

**Regional Meet:** four (4) points for running top seven by time and additional points awarded by place:

<u>Varsity</u>	<u>JV</u>
top 20 4	Top 15 3
21 - 40 3	16 - 30 2
41 - 60 2	30 - 45 1

**State Meet:** (individual or team) five (5) points for running on varsity in the race and additional points awarded by place:

top 25 5
26 - 50 4
51 - 75 3

**JV Meets:** points for finishing in a JV invitational competition will be awarded as follows:

<u>A type</u>		<u>"B" type</u>		<u>"C" type</u>	
top 15	2	top 10	2	top 10	1
16 - 30	1	11 - 20	1		

**Benchmarks:** points will be awarded for reaching certain goals as follows:

under 20:00	1	under 19:00	2
under 18:00	3	under 17:00	4
under 16:00	5	under 15:00	10

*\*benchmark points are awarded only for official times in competitions that are part of the official team schedule.*

**Outstanding Performers:** when an athlete is recognized as an "Outstanding Performer" for a competition or time trial, he will be awarded 1 varsity point.

**Bettering Ranked Teams:** if the varsity team beats a team ranked in the top ten or honorable mention in the state according to the most recent coaches' poll, points will be awarded as follows:

		<u>Ranked Teams</u>	<u>HM Teams</u>
Top 7 runners by time (on same course)	2	1	
All other runners under 18:00	1	1	

2. Finish a legal 5K course with a **time of 17:30** or better.

3. At the coach's discretion, a varsity letter may be awarded to any athlete who has shown **outstanding leadership**, character, and sportsmanship over the course of the season (at the coach's discretion a varsity letter can also be denied any athlete who scores points but does not exemplify the behavior described above or adhere to the SHS Athletic Rules).

4. Regardless of point totals any **four year senior** will be awarded a varsity letter.

5. Any **junior or senior who earns their third varsity reserve award** will be recognized as varsity instead of a third-year varsity reserve.

Those athletes who do not receive a varsity letter will receive awards as follows:

A.) **Varsity Reserve** awards will be awarded to:

- athletes who score **at least 15 points** in regular season competition w/o getting a varsity letter.
- any runner who finishes a legal 5K course with a **time of 18:30** or faster.
- any **2nd or 3rd year seniors** not receiving a letter.
- athletes who have not scored 15 points but have shown reliability and dedication by being on the team for more than two (2) years.

B.) **Junior Varsity** awards will be awarded to:

- any athlete who is not a freshman and does not receive a Varsity Reserve award or a Varsity Letter.

C.) **Freshman Numerals** will be awarded to all freshmen.

D.) **Chenille Patches** will be awarded to all Varsity & Varsity Reserve award winners that met the Varsity Reserve time standard of 18:30.

**\*Who runs Varsity at Invitational and Post Season Competitions?**

Seven athletes will be selected to run varsity based on the last two competitions that they competed in (and the coaches discretion). For the regional and state meets seven athletes will be selected and two alternates. These nine athletes will be expected to practice together for, and travel to, all postseason competition.

Fall 2009 – Added Chenille Patch rule

Summer 2007 – Adjusted Jambo 1&3 scoring, adjusted Ranked Teams Rule, added Outstanding Performer Rule

Summer 2006 – Clarification of 3<sup>rd</sup>/2<sup>nd</sup> Year Varsity Reserve Award

Fall 2005 – Creation of Bettering of Ranked Teams Rule, Changed Point Total to 35 w/Addition of Hanson's Invite

Summer 2004 – Point Total Reduced to 28 Because of Fewer Races