

SALINE CROSS COUNTRY: LETTER REQUIREMENTS FOR 2009

45 POINTS ARE REQUIRED FOR A VARSITY LETTER. LETTER POINTS ARE AWARDED AS FOLLOWS:

1. **Summer Miles** (June 1 - Aug. 11): 100 miles - 6 points, 150 - 8 points, 200 - 10 points, 250 - 12 points, 300 - 15 pts.
2. **Successfully Completing Commitment:** Blue - 12 points, Silver - 16 points, Red - 20 points.
3. **Seniority:** completing one season - 2 points, completing two seasons - 4 points, completing 3 seasons - 8 points, completing 4 seasons - 10 points.
4. **PR'S:** Two points are awarded for each Season PR and three points are awarded for each All-time PR. All-time PR points can only be awarded to team members who are in at least their second year on the team.
5. **Benchmarks:** Points are awarded as follows for the athlete's best time during the season.

under 19:00 - 9	22:00-22:59 - 5
19:00-19:59 - 8	23:00-23:59 - 4
20:00-20:59 - 7	24:00-24:59 - 3
21:00-21:59 - 6	25:00-25:59 - 2
6. **Volunteering:** One volunteering experience is mandatory for each team member. For each volunteer experience after that, two letter points will be awarded up to a maximum of 8.
7. **Three Mile Time Trial** - 2 points for each of the top 7 runners.
8. **Invitationals** (one or more sites: we enter one varsity team at each site and there is one JV race.... like Jackson and Monroe Jefferson)
 - 2-4 points for our top 7 times of the day at each site
 - 1-2 points for our #8-14 times of the day at each site
 - 2-4 points for finishing in the top 15 in the varsity race
 - 1-2 points for finishing 16-25 in the varsity race
 - 1 point for a top 10 finish in the JV race(Note: When there is a point range (like 2-4 above), points will be awarded based on the difficulty level of the invitational.)
9. **Invitationals** (one site: we enter two varsity teams in the same race and there is one JV race)
 - 2-4 points for our top 7 times of the day
 - 1-2 points for our #8-14 times of the day
 - 2-4 points for finishing in the top 15 in the varsity race
 - 1-2 points for finishing 16-25 in the varsity race
 - 1 point for our top five finishers in the JV race
 - 1 point for top 10 finish in JV race
10. **Invitationals** (one site: we enter two or more teams in different races)
 - 2-4 points for our top 7 times of the day
 - 1-2 points for our #8-14 times of the day
 - 2-4 points for a top 15 finish in a varsity race
 - 1-2 points for finishing 16-25 in a varsity race
 - 1 point for our top five finishers in the JV race
 - 1 point for top 10 finish in the JV race
11. **Jamboree I**
 - In the varsity race:
 - 4 points for finishing in the top 10
 - 3 points for finishing 11-15
 - 2 points for finishing 16-20
 - 1 point for finishing 21-25
 - 2 points for our top 7 times of the day
 - 1 point for our #8-14 times of the day
 - 2 points for a top 10 finish in the JV race and 1 point for finishing 11-15 in the JV race

12. **Jamboree II**

In the varsity race:

6 points for finishing in the top 10

4 points for finishing 11-15

3 points for finishing 16-20

1 point for finishing 21-25

3 points for our top 7 times of the day

2 points for our #8-14 times of the day

2 points for top 10 finish in the JV race and 1 point for finishing 11-15 in the JV race

13. **Jamboree III**

In the varsity race:

8 points for finishing in the top 10

5 points for finishing 11-15

4 points for finishing 16-20

2 points for finishing 21-25

4 points for our top 7 times of the day

2 points for our #8-14 times of the day

3 points for top 10 finish in the JV race and 2 points for finishing 11-15 in JV race

14. **Regional**

2 points for qualifying and then running on the varsity in this race

8 points for finishing in the top 20

6 points for finishing 21-30

4 points for finishing 31-40

2 points for finishing 41-50

2 points for top 10 finish in the JV race

1 point for finishing #11-15 in the JV race

15. **State Meet**

2 points for qualifying and then running on the varsity in this race

12 points for finishing in the top 50

10 points for finishing 51-75

8 points for finishing 76-100

4 points for finishing 101-150

NOTE: Though accumulating 45 points is the main criteria for winning a varsity letter, credit toward a letter may be granted for outstanding leadership, dedication, and contributions to the team. These additional criteria will be especially applicable to seniors who have been on the team for at least two years.

AWARDS OTHER THAN VARSITY LETTERS WILL BE PRESENTED AS FOLLOWS:

Varsity Reserve awards will go to those team members who score between 20 - 44 points during the season or have been on the team for at least two years.

Junior Varsity awards will go to those who score fewer than 20 points or who have been on the team for one year (excluding freshmen).

Freshman Numerals will be awarded to all freshmen