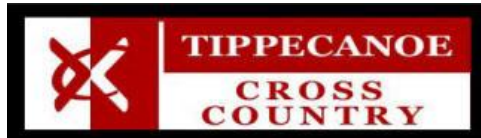


Lettering Point System



Requirements: An athlete must earn 300 points to earn a varsity letter

**Summer points will be added to season points to determine varsity letters*

**if an athlete is not in the varsity race, but his/her time is better than a varsity runner, they will receive top 7 varsity point.*

**Freshmen are not eligible for PR points*

**An athlete that is injured while in contention for a varsity letter will maintain eligibility upon coaching staff's discretion.*

	Points
Season Incentive	
8-10 varsity race	15
Top 7 varsity race	25
Post-season race	30
Performance Incentives	
Top 10 small race	20
Top 15 big race	20
Time Incentives	
Boys	
Sub 16	30
16:00-16:29	25
16:30-16:59	20
17:00-17:29	15
17:30-17:59	10
18:00-18:29	5
Girls	
Sub 19:00	30
19:00-19:29	25
19:30-19:59	20
20:00-20:29	15
20:30-20:59	10
21:00-21:29	5
Personal Record Points	
10-15 second PR	10
16-25 second PR	15
26-35 second PR	20
36 second PR or more	25