

XC LETTERING GUIDELINES:

CERTIFICATE OF PARTICIPATION	= 20 pts.
JV CLASS NUMERALS	= 40 pts.
XC PIN/BAR + VARSITY LETTER	= 60 pts.

Points towards lettering are tabulated from the following 4 areas:

A] SUMMER TRAINING MILEAGE LOGGED:

Girls = 1 pt./40 miles	Boys = 1 pt./50 miles
*400 Mile Club = 2 bonus pts.	*500 Mile Club = 2 bonus points
[500m swim = 1 mile running / 3 miles biking = 1 mile running]	

B] IN-SEASON RACE PERFORMANCE:

Varsity Race = 6 pts.	*Bonus points earned for:
JV Race = 3 pts.	- scoring team points = 1 pt.
C-Team Race = 1 pt.	- medaling = 1 pt.
	- top 10 individual = 1 pt.
	- top 3 team finish = 1 pt.

C] PERFORMANCE TIME STANDARDS:		F-5K	M-5K	Pts.
VARSITY	US 1 ST Team Elite	18:45	15:45	10
	US 2 nd Team Elite	19:45	16:30	9
	Elite	20:40	17:10	8
	Varsity	22:00	18:00	7
JR. VARSITY	Tier 1	22:30	18:30	6
	Tier 2	23:30	19:30	5
	Tier 3	25:00	20:30	4
C-TEAM	Tier 1	25:30	21:00	3
	Tier 2	26:30	22:00	2
	Tier 3	27:30	23:00	1

D] PERCENT IMPROVEMENT: Calculated off best time from last season (or Time Trial for newcomers).

Each 1% improvement = 1 pt.