

# Milton Cross Country 2010 Lettering Point System

Points	Type	Total Possible
<b>SUMMER RUNNING POINTS</b>		
1	Summer running per 10 miles with 60 point maximum	60
5	Running Log - Due Friday, August 27, 2010	5
<b>PRACTICE POINTS</b>		
1	School Year Participation (58 practices)	58
<b>EXPERIENCE POINTS</b>		
2	Each Cross Country Season Run	6
4	Additional Points for 4 <sup>th</sup> Year	4
<b>MEET POINTS</b>		
4	Finishing a Meet	36
2	Per each Personal Record (PR) after Time Trials	16
1	Per Top 7 finish in Varsity Competition	8
2	Additional points for each top 5 finish for team in a Varsity Competition	16
<b>INCENTIVE POINTS</b>		
15	For Team State Meet Qualification (awarded to all 7 on Varsity Squad)	15
50	Individual State Meet Qualification	50
5	Uniform on Team Picture Day	5
5	Captain's Award Recipient	5
5	Attendance on Workday (August 21, 2010)	5

\*\*\*Occasional bonus points may be awarded at the discretion of the coaches.

**Points Required to Letter:** 160...NO EXCEPTIONS!

**Note:** It is the responsibility of each runner to monitor their own lettering progress. Coaches **WILL NOT** discuss lettering points with the runners prior to the end-of-the-season banquet. Athletes will learn whether or not they lettered at the banquet.