

Milton Cross Country 2009

Lettering Point System

<u>Points</u>	<u>Type</u>	<u>Total Possible</u>
<u>SUMMER RUNNING POINTS</u>		
1	Summer running per 10 miles with 50 point maximum	50
5	Running Log – Due Friday, August 14, 2009	5
<u>PRACTICE POINTS</u>		
1	School Year Participation (64 practices)	64
<u>EXPERIENCE POINTS</u>		
2	Each Cross Country Season Run	6
4	Additional Points for 4 th Year	4
<u>MEET POINTS</u>		
4	Finishing a Meet	40
2	Per each Personal Record (PR) after Time Trials	18
1	Per Top 7 finish in Varsity Competition	9
2	Additional points for each top 5 finish for team in a Varsity Competition	18
<u>INCENTIVE POINTS</u>		
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 08, 2009)	5

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

Points Required to Letter: 140...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.