

## Austin Packer Cross Country Lettering Policy

A varsity letter should be something special to an athlete. It should be earned through hard work and contribution to the team. Below are the ways that you can earn the varsity

An athlete can earn a letter in one of two ways:

### 1. Varsity Letter Point System

- A. Earn 400 letter points      **AND**      B. Finish the season in good standing.

**2. Coaches Discretion-** An athlete who is close to lettering, but has not made the point standard. To be considered, an athlete is not allowed any unexcused absences and must have a positive contribution to the team through his/her work ethic. (Generally, this is only used in an injury situation)

One earns varsity letter points in the following ways:

#### 1) Experience points

- A. 4<sup>th</sup> year of XC (9-12) = 160 pts.      B. 3<sup>rd</sup> year (9-12) = 120 pts.  
C. 2<sup>nd</sup> year of XC (9-12) = 80 pts.      D. Freshmen who ran 8<sup>th</sup> grade = 40 pts.

#### 2) Meet points

- A. Each athlete receives four points for each race they finish.  
B. Our team's top ten performances (based on time) at each meet earn points based on their rank among our team. Top performance receives 40 pts. second best 36 pts. . until 10<sup>th</sup> best = 4 pt.

- C) Place points      **Varsity Races**  
Top 1/3 = 30 pts.      Top 2/3 = 20 pts.      Top 90% = 10 pts.

- Non-Varsity Races**  
Top 1/5 = 15 pts.    Top 2/5 = 14 pts.    Top 3/5 = 13 pts.    Top 4/5 = 12 pts.    Top 90% = 10 pt.

**3. Time points** An athlete receives points based on their season best time performance. Breaking the given time standard for each athlete results in the following points:

Time	20:00	19:00	18:45	18:30	18:15	18:00	17:45	17:30	17:15	17:00	16:45
Boys	20	40	60	80	100	120	140	160	180	200	220
Girls		20				40	60	80	100	120	140

Time	16:30	16:15	16:00	15:45	15:30	15:15	15:00	14:45	14:30	14:15	14:00
Boys	240	260	280	300	320	340	360				
Girls	160	180	200	220	240	260	280	300	320	340	360

#### 4. Star points

- A. Placing in the top 20 at Big 9 Conference or Section XC meet. (40 pts.)  
B. Placing in the top 40 at Big 9 or Section XC meet. (20 pts.)  
C. Completing a week of practice with no absences AND making Saturday practice. (1 pt. for each week)