

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 400 Points needed to letter.
 - 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. 4th year of XC (9-12) = 160 pts. B. 3rd year (9-12) = 120 pts.
 - C. 2nd year of XC (9-12) = 80 pts. D. Freshmen who ran 8th 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 10th best = 4 pt.
 - C. Place points
Varsity Races: Top 1/3 = 30 pts. Top 1/2 = 15 pts.
Non Varsity Races. Top 90% 15 pts. Top 75% 10 Points
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:

5K	24:00	23:30	23:00	22:30	22:00	21:30	21:00	20:30	20:00	19:30	19:00	18:30
Boys								50	100	150	200	250
Girls	50	100	150	200	250	300	350	400	450	500	600	650
5K	18:00	17:30	17:00	16:30	16:00	15:30	15:00	14:30				
Boys	300	350	400	500	700	800	2500	5000				
Girls	700	750	800	2500	5000	10000	20000	30000				

4. 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.)