

LETTERING CRITERIA: LETTERING IS POSSIBLE VIA TWO AVENUES. One may letter by “point“ accumulation or by virtue of performance. An athlete must earn a total of 125 points in order to earn a varsity letter. Points may be accumulated through the following:

- 1. One point per day will be earned for attending practices from Aug. 2nd through October 30st. (approximately 60 points possible)**
- 2. Two points for each practice from June 14 through Aug. 1st. (approximately 50 points possible). Three points for voluntary weekend practices (number varies per season)**
- 3. Three points for each day attending a Cross Country Camp. (15 points possible)**
- 4. Five points for recruiting another runner to the team. (boy or girl) Ten points possible for recruiting a person who letters during their first season on the team.**
- 6. Twenty points for completing the required Summer mileage. Mileage requirements are: Boys: 9th- 290 mi. 10th- 350 mi. 11th – 410 mi. 12th – 470 mi. Girls: 9th – 230 mi. 10th – 290 mi. 11th – 350mi. 12th – 410 mi. Mileage accumulated starting July14th thru Sept. 28(77 days) Signed Mileage calendars must be turned in on the 14th of August.**
- 7. Attend the State Meet with the team to show your support and receive 5 points.**
- 8. Athletes are responsible for turning in a tally of points at the end of the season. Failure to do this may result in you not receiving your Letter at the Banquet.**

Runners may also automatically letter by:

- 1. Ranking in the top seven runners at the end of the season. (Rank determined by cumulative finish place during the season) Greater weight will be awarded for higher finishes at County, Region and major invitationals.**
 - 2. Placing among the top 35(Boys)/30 (Girls) at the Region or County meets.**
 - 3. Placing in the top 7 B/G at JV County or Region**
 - 4. Being selected to represent Lassiter at the State Meet. Runners will forfeit team points or their Letter by failing to follow team rules or guidelines.**
- Runners must finish the season in good standing and attend the Awards Banquet in order to receive their Letter.**

Lettering Criteria : Calculations

1 Regular Season practices.	1 pt /dy	_____
2 Summer practice.	2 pts /dy	_____
3 Cross country Camp	3pts/dy - 15 max	_____
4 Recruiting	5 or 10 pts max	_____
5 Summer mileage log	20 pts	_____
6 Attend State with Team	5 pts	_____
	Total	_____

