

LETTERING CRITERIA: Lettering is possible via two avenues.

1, Lettering by Points. 125 Points required to letter. They may be accumulated by the following ways.

- a. One point per day will be earned by attending practices from August 1 through October 28 (approximately 60 points possible)
- b. Two points for each practice from June 13 through July 29 (approximately 50 points)
- c. Three points for voluntary weekend practices (1 practice per weekend, approximately 50 points)
- d. Three points for attending a Cross Country Camp (15 points Possible)
- e. Five points for recruiting another runner to the team. Ten points if that person letters during their first season.
- f. Twenty points for completing the summer mileage. Mileage requirements are;

Boys: 9 th grade	290 miles	Girls: 9 th grade	230 miles
10 th grade	350 miles	10 th grade	290 miles
11 th grade	410 miles	11 th grade	350 miles
12 th grade	470 miles	12 th grade	410 miles

Mileage accumulation starting June 13 through September 1. (80 Days) Signed mileage calendars must be turned in on September 1

Athletes are responsible for turning in a tally of all points at the end of the season. Failure to do this may result in you not receiving your letter at the banquet.

2. Lettering by performance

- a. Ranking in the top seven runners at the end of the season. (Rank determined by cumulative finish place during the season with greater weights awarded for higher finishes at the County, region and major invitational's.
- b. Placing among the top 35 boys/30 girls at the region or county meet.
- c. Placing in the top 7 boys/girls at JV county or JV region
- d. Being selected to represent Lassiter at the State Meet.

3. 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

Activity	Points	# Days	Total
Regular season practice	1 point per day		
Summer Practice	2 points per day		
Cross country Camp	3 points per day (15 Max)		
Recruiting	5 or 10 points		
Summer Mileage Log	20 Points		
	Total Points		