



2012 Fond du Lac Cross Country

Varsity Lettering Expectations

(All athletes must achieve 1,2, and 3 to be eligible)

- (1) Attendance: 100% attendance (Less than 3 misses) (excluding excused absences).
Athletes must be on time and ready for practice to qualify.
- (2) Character: No athletic code violations/suspensions
- (3) Team Status: Must remain an active member of the team (even if injured) through the end of season to letter.
- (4) Merit: Athletes that earn **125 team points** will earn a letter.
- (5) Varsity Status: Runners on the varsity conference or sectional team will also earn letters.
- (6) Senior Leadership: Any senior in good standing (Meeting 1, 2, & 3) will earn a letter.

Runners will earn points by individual and team achievements.

(Practice Points = 1-5 daily)

Individual Achievements	Points Earned	Team Achievements	Points Earned per Runner
Meet Participation	5 points	Meet Top 3 Placing	5 pts
Varsity Meets	10 points	Conference Champ	10 pts
Varsity Time	5 points	State Qualifier	10 pts
Season PR	2 points	Team PR place	2 points

Bonus Points (Time Incentives)

Boy's Time Points		Girl's Time Points	
Under 16:30	12	Under 15:30	12
16:30- 16:59	10	15:30- 15:59	10
17:00- 17:29	9	16:00- 16:29	9
17:30- 17:59	8	16:30- 16:59	8
18:00- 18:29	7	17:00- 17:29	7
18:30- 18:59	6	17:30- 17:59	6
19:00- 19:29	5	18:00- 18:29	5
19:30- 19:59	4	18:30- 18:59	4
20:00- 20:29	3	19:00- 19:29	3
20:30- 20:59	2	19:30- 19:59	2
21:00- 21:29	1	20:00- 20:29	1