

Ponderosa High School Cross Country Lettering Criteria

Point System — 100 Points Required to Earn a Varsity Letter

Summer Activities	Points	Notes
Physical Activities		
800 Minutes	5	See notes below for ways to count summer cross training activities.
1600 Minutes	10	
2400 Minutes	15	
3200 Minutes	20	
Run in a 5K Race	2	8 pts. maximum from summer road races
Run in a 10K Race	4	
Attend a distance running camp	5	
Attend at least 6 Summer sessions	5	
Attend at least 12 Summer sessions	10	this or above (not both)
Fund Raising		
Ponderosa Card sales	0.5 / card	(15 pts. Max)
LocalValue Fundraising	0.5 / \$20	(15 pts. Max)
Daily activities		
Attendance		
100% attendance each week (on time and stay until the end)	2	100% means 100%
100% attendance entire season	30	this or above (not both)
Each unexcused absence (detention is unexcused)	-2	
Works for the team		
Help at meets as reported by Captains	5	
End of season		
Equipment turned in clean and on time	5	
Meet participation		
Regular Meets		
Run on the varsity team	5	All points in this section are cumulative. Potentially, an individual could earn as many as 18 points toward lettering in a single meet.
Score on the varsity team	3	
Earn varsity for the next meet	2	
Run sub-varsity and beat 40% of varsity meet times	2	
Run on varsity team that places in top 50%	2	
Run on varsity team that places in top 25%	4	
Run on varsity team that places in top 10%	6	
Run on varsity team that wins the meet	8	
League Meet		
Run varsity at league meet	15	All points in this section are cumulative.
Score on varsity team at league meet	10	
Run sub-varsity and beat 40% of varsity meet times	5	
Run on varsity team that places in top 50%	6	
Run on varsity team that places in top 25%	7	
Run on varsity team that places in top 10%	8	
Run on varsity team that wins the meet	10	
Regional Meet		
Run varsity at regional meet	25	All points in this section are cumulative.
Score on varsity team at regional meet	10	
Qualify individually for State	15	

Run on the team that qualifies to go to state	10	
State Meet		
Run at State	35	All points in this section are cumulative.
Score on the team at State	15	
Run on team that places in top 50%	10	
Run on team that places in top 25%	15	
Run on team that places in top 10%	20	
Run on team that wins State	100	

Performance Incentives

Race times	1st time	succeeding times
Meet or beat 21:30 / 26:00	6	3
Meet or beat 20:30 / 24:50	7	3
Meet or beat 19:40 / 23:40	8	4
Meet or beat 19:00 / 22:40	9	4
Meet or beat 18:20 / 21:50	10	5
Meet or beat 17:40 / 21:00	11	5
Meet or beat 17:00 / 20:15	12	6
Meet or beat 16:35 / 19:35	13	6
Meet or beat 16:15 / 19:05	14	7
Meet or beat 16:00 / 18:45	15	7
Each 10 seconds below 16:00 / 18:45	20	10

SB's and PR's

Each setting of a new SB (beginning with the third meet of the season)	5
Each setting of a new PR (same as above for new runners, anytime for returnees)	7

Character

Must be consistent with PHS and team standards to letter

Team Status

Must remain an active member of the team (even if injured) through the end of season to letter.

The end of the season includes ALL scheduled practices until the competitive season has come to an end (including those during scheduled school breaks).

This includes attending practices (rehabing) and meets when injured.

Summer Activity Notes:

Cross training activities, as well as running, can count toward the summer minutes.

At least 60% of your summer minutes must come from running.

Activities will count in the following way:

Running:

lace up the shoes and run counts 1:1

Basketball:

game time counts 1:1

other playing time on the court counts 2:1

shooting hoops or sitting on the bench counts zip

Soccer:

game time counts 2:1

other active playing time on the field counts 3:1

Bicycling:

saddle time counts 3:1 if you are pushing
leisurely riding counts 4:1

Weights:

actual time with the weights counts 2:1
other time looking at the weights counts zip

Ultimate:

game time counts 1:1 if you are an active player
game time counts 2:1 if you are only mildly active

Swimming:

active swimming (laps) counts 1:1
splashing around in the water zip

Backpacking:

above 10,000 feet counts 2:1
below 10,000 feet counts 3:1

Hiking:

above 10,000 feet counts 3:1
below 10,000 feet counts 4:1

Martial Arts:

active time counts 2:1

Walking: zip

Other:

email Coach Crock for discussion

1:1 means each minute counts

2:1 means half the minutes count

3:1 means one-third of the minutes count

4:1 means one-fourth of the minutes count

