

FREEPORT CROSS-COUNTRY LETTER AND POINT SYSTEM 2016

EARNING POINTS:

Athletes earn points according to the following scale:

Dual Meets

1 st =10	5 th =6	8 th =3
2 nd =9	6 th =5	9 th , 10 th , 11 th , 12 th =2
3 rd =8	7 th =4	Participate and Finish=1
4 th =7		

Invitationals:

Any points earned by finishing in the top 12

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Points according to the following scale:

Finish in the top 1-20% of all runners=7

Finish in the top 21-40% of all runners=6

Finish in the top 41-60% of all runners=5

Finish in the top 61-80% of all runners=4

Finish in the top 81-100% of all runners=3

EARNING A LETTER:

A letter is earned by scoring 2 times the number of points as there are meets.

In a dual meet, each team we face is a meet. For example, we run against West Shamokin and Indiana on the same day. So that is 2 meets and you get points for both meets. So, if you finish 3rd against WS and 5th against Indiana, you get $8 + 6 = 14$ points for 2 meets. So if we were giving out letters based on that event, you would need 2×2 meets = 4 points to letter.

Invitationals count as 1 meet.

In the past, if an athlete was in the top 8 or 9 on the team, they would letter. Athletes that are not in the top 7 can still letter, if they participate in the invitationals.