

Rosemount Irish Cross Country Lettering Policy 2016

A varsity letter should be something special to an athlete. It should be earned through hard work and contribution to the team. Below are the ways that you can earn the varsity "R".

An athlete can earn a letter in one of two ways:

1. Varsity Letter Point System

- A. Earn 100 letter points **AND** B. Finish the season in good standing.

2. Coaches Discretion- An athlete who is close to lettering, but has not made the point standard. To be considered, an athlete is not allowed any unexcused absences and must have a positive contribution to the team through his/her work ethic. (Generally, this is only used in an injury situation)

One earns varsity letter points in the following ways:

1) Experience points

- A. 4th year of XC (9-12) = 40 pts. B. 3rd year (9-12) = 30 pts.
C. 2nd year of XC (9-12) = 20 pts. D. Freshmen who ran 8th grade = 10 pts.

2) Summer minute points.

For every 200 minutes that you run during the summer training period you receive one point. A record of your summer minutes must be on the online form.

3) Meet points

- A. Each athlete receives one point for each race they finish.

B. Our team's top ten performances (based on time or equivalent) at each meet earn points based on their rank among our team. Top performance receives 10 points; second best 9 points, so on until 10th best performance is 1 point.

- C) Place points are how you finish in the race that you are competing.

Varsity Races

- Top 1/3 = 7 pts. Top 2/3 = 6 pts. Top 90% = 5 pts.

Non-Varsity Races

- Top 1/5 = 5 pts. Top 2/5 = 4 pts. Top 3/5 = 3 pts. Top 4/5 = 2 pts. Top 90% = 1 pt.

4) Star points

- A. Achieving Irish Summer running goal for your respective level. (5 pts.)
- B. Placing in the top 20 at South Suburban Conference or Section 3 XC meet. (10 pts.)
- C. Placing in the top 40 at South Suburban Conference or Section 3 XC meet. (5 pts.)
- D. Working at a middle school meet or Twin Cities marathon (3 points).
- E. Helping at RAAA practice. (1-point each/max of 5 points.)
- F. Completing a week of practice with no absences AND making Saturday practice. (1 pt. for each week)

5) Time points An athlete receives points based on their season's best time performance. Breaking the given time standard for each athlete results in the following points. We will consider the chart to be for Owatonna (Ev Berg at Brooktree), Mayo and JV Section (U of M, Non-Griak Course). We will add time to the chart for other meets – 15 sconds for Blaze (Burnsville at Nicollet), 30 seconds (SSC at Eagan), and 45 seconds (Griak at U of M).

Boys Chart

Time	19:00	18:45	18:30	18:15	18:00	17:45	17:30	17:15	17:00	16:45	16:30
Boys	5	10	15	20	25	30	35	40	45	50	55

Time	16:15	16:00	15:45	15:30	15:15	15:00	14:45	14:30	14:15	14:00	13:45
Boys	60	65	70	75	80	85					

Girls Chart

Time	24:00	23:40	23:20	23:00	22:40	22:20	22:00	21:40	21:20	21:00	20:40
Girls	5	10	15	20	25	30	35	40	45	50	55

Time	20:20	20:00	19:40	19:20	19:00	18:40	18:20	18:00	17:40	17:20	17:00
Girls	60	65	70	75	80	85	90	95	100	105	110

Athlete Chart

- 1. Experience Points _____
- 2. Summer Minutes Points _____
- 3. Meet Points _____
- 4. Star Points _____
- 5. Time Points _____

Total _____