

Here is how athletes can earn a varsity letter in cross country:

Lettering in Cross Country

In order to receive your varsity letter you must obtain 10 varsity points.

Points are awarded for the following:

1. Points scored in any varsity meets. (These are the only points considered for our MVP Award and will be calculated automatically by coaches)

Meets that Allow 10 Varsity Runners

Meets that Allow 7 Varsity Runners

Place on Team	Points Earned		Place on Team	Points Earned
1	7		1	7
2	6		2	6
3	5		3	5
4	4		4	4
5	3		5	3
6	2		6	2
7	1		7	1
8	0.5			
9	0.5			
10	0.5			

2. All Time List = 10 points

3. Senior = 8 points, Junior = 4 points

4. Previous Experience - 1 point for each year.

Meets not counted toward varsity points: Mason Relays, Dave Bork Classic, Airport, Post-A-PR

5. Captain = 2 points