



Wesleyan Men's Cross Country Team Lettering Guidelines 2009

In order to letter, a runner must receive a total of 150 points on the following basis:

Event/Requirement	Possible Points
Forms	
Turn in the following by May 1 st : Signed policy sheet, e-mail info sheet, & signed up for camp	10
Turn in all destination meet information (forms and checks) to appropriate coach by deadline	10
Summer Training	
Ran 300 miles for the summer and is correctly logged in summer training log	30
Summer Training Log complete and turned in under the honor system (½ point per day for completing the assigned workout.)(Log must be filled out and turned in during captain-led practice week.)	5 points per day
Camps & Events	
Attend a Nike Camp in addition to team camp	30
Team wins the Intrasquad Meet	10
Most creative team at Intrasquad Meet (no cross dressing!)	10
Top 2 Teams in the Season Split Sixteen Miler (Mid-Season Workout)	10
Training and Attendance	
Lifting Weights 3 times a week through August and September	30
Not miss a practice or meet all season	15
Improve 800M time from August workout to October workout by 20%	15

Personal Records	
<i>Returning runner:</i> Set a new Lifetime Personal Record in first 3 meets	15 per meet
<i>New Runner:</i> Beginning with the Westminster meet, set a new Lifetime Personal Record	20 per meet
Set a new Lifetime Personal Record in second 3 meets	25 per meet
Set a new Lifetime Personal Record after first 6 meets	10
Set a new Course Personal Record (Can get 2 times)	15
Set a new Season Personal Record after 3 rd meet (15 points for 2 nd three meets; 20 points for last three meets) (May get 2 times when not receiving lifetime PR points)	
Race Times	
Break 23:00 Or	30
Break 22:00 Or	40
Break 21:00 Or	50
Break 20:00 Or	60
Break 19:00 Or	80
Break 18:00 Or	100
Break 17:00	120
Race Team Finish	
(Will be applied only 1 time for highest point value.)	
Finish in top 30 on the team in a race	15
Finish in top 20 on the team in a race	25
Finish in top 15 on the team in a race	30
Finish in top 10 on the team in a race	40
Miscellaneous	
Helping set up/break down meets	T.B.A.
Displaying good sportsmanship at a meet	By
Encourager in races/practices	Coaches
Runner-Of-The-Week	15
Bad Points	
Late To Practice (Unexcused) (Office Hours is excused with a note)	-5 per day
Miss A Practice – Only excused absence is a school trip or doctor’s appointment previously excused.	-10 per day
Can’t Practice – Did not bring shoes or something so can’t practice that day.	-10 per day
Miss A Meet (Non-Wesleyan activity)	-20 points
Totals	
Individual Total	150