**BASHA HIGH SCHOOL**

**CROSS COUNTRY**

**LETTER REQUIREMENTS**

**Requirements** **(Must meet 1 or more criteria)**

 Follow all Team Standards including practice attendance

 Earn 15 points in regular season(see below chart)

 Place in team’s top 7 finishers in at least 3 races

 Run faster than 19:00 (boys), 22:30 (girls) for a 5K

 Coach’s discretion

**Point System**

Different levels of points are awarded according to placement in Dual & Invitational Meets.

In the Invitational meets, a Varsity runner may earn 2 levels of points depending upon placement among teammates and in the overall meet. Dual meet pints are awarded according to placement among teammates only.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Invitational |  |  | Dual |  |
|  | Team | Individual |  |  |  |
| Place | Points | Place | Points | Place | Points |
| 1 | 8 | 1 | 5 | 1 | 6 |
| 2 | 6 | 2-5 | 4 | 2-3 | 4 |
| 3 | 5 | 6-8 | 3 | 4-5 | 3 |
| 4-5 | 4 | 9-15 | 2 | 6-7 | 2 |
| 6-7 | 3 |  |  |  |  |

Please note all runners competing in dual meets receive 1 point for completion of that race.

**Example:** Runner A finishes in 10th place overall and 1st for Basha in the Ojo Rojo Invitational. She would receive 10 points for that effort, 8 points for being the #1 Basha finisher and 2 points for her finish overall in the meet.

**Note:** Awarding of points based upon how runner finishes in the invitational not as they start. For example; if runner A runs Varsity race the 7thrunner, but runner B runs in the Open race and has a better time, the Open runner will be awarded the points for the Invitational finish.