

Freeman Cross Country Lettering Requirements

To earn a letter in Cross-Country, athletes must do the following:

- * Participate in all meets and practices beginning August 24, 2009
- * Earn a total of 20 points or more points from the index below.
- * Complete the entire season in good standing.
- * Maintain good grades, attendance, and citizenship in every class.
- * Show good sportsmanship at all meets and practices.

Summer : You will receive 1 letter point for every 5 practices of summer running club you attend.

Summer XC Camp: You will receive 2 points for attending our NEA Summer Running XC camp.

Summer Road Races: You will receive 1 letter point for each road race you run over the summer. The more you can run the better! These must be reported to Coach Robyn or Coach Chad.

Preseason		
Summer Running	=	1 point per 5 days
Road Races	=	1 point
Recruit a friend who completes the season	=	2 points
NEA Summer XC Camp	=	2 points
Personal Bests (PR's)		
Beating own best time on same course	=	1 point
Dual/Tri-Meets:		
Top 5 Freeman - Meet Finishers	=	3 points
Top 6-7 Freeman - Meet Finishers	=	2 points
Top 8-12 Freeman - Meet Finisher	=	1 point
1 st Overall Finisher	=	2 points
2-7 Overall Finisher	=	1 point
Finishing ahead of the opponent's top 7	=	1 point
Regional/District & Invitations:		
1 st overall	=	7 points
Top 10 finishers overall	=	10 points
11-20 finishers overall	=	5 points
Top 5 Freeman Times	=	4 points
Top 6-7 Freeman Times	=	3 points
Top JV Overall finisher	=	3 points
Top 5 Overall JV Finisher	=	2 points
Top 6-7 Overall JV Finisher	=	1 point
State Championship		
1 st Overall	=	10 points
Top 5 Overall	=	8 points
Top 6-10 Overall	=	6 points
Top 11-20 Overall	=	4 points
Top 5 Freeman Finishers	=	2 points
Penalties		
Unexcused practice absence	=	-1 point
Missed Meet	=	-5 points

Poor sportsmanship	=	-2 points
Academic Penalty	=	-5 points