

**WARREN HIGH SCHOOL CROSS COUNTRY**  
**PROPOSED LETTERING POLICY**  
**30 points needed**

Activity	Points Earned
Attend a summer cross country camp	1
Attend 67% of all summer training sessions	1
Run 50 days between June 1 and August 4	1
Complete and turn in your training logs	1
Meet summer "minutes of running" goal	1
Attend 95% of practices	5
Run in a meet	1
Finish in top 7 of team at a meet	1
Place in top 20 overall at a meet	1
Top 7 on team at district	Automatic letter
Top 7 on team at regional	Automatic letter
Top 7 on team at state meet	Automatic letter
All-SEOAL	5
Participate in time trial	1
Set time trial PR	2
Set a 5K PR	2
<b>EVERYONE WILL RECEIVE POINTS FOR:</b>	
Team places in top 3 at SEOAL	3
Team qualifies for regionals	5
Team qualifies for state meet	10
<b>TEAM SERVICE:</b>	
2 years on team	2
3 years on team	4
4 years on team	6
Recruit a new runner	2
Recruited runner completes seasons	2
Recruited runner letters	4
Recruit a team manager	1
Help with Chuck Cornelius Race	3
Participate in summer mileage fundraiser	5
Serving as a mentor to a junior high or new varsity runner	3
Write a book report on running and present to team(see coach)	2
Plan and organize a team activity (cookout, pasta dinner, ice cream social, etc.)	5
<b>YOU CAN LOSE POINTS BY:</b>	
Complaining/Negative attitude	-1
Walking when you're supposed to be running	-1
Treating a teammate poorly	-1
Disciplinary action	-1