

## OHS Girls XC Lettering Requirements

There are several categories to accumulate points to letter. The number of points to letter is 20 points.

Time Requirement	Points
under 21:00	10
21:00 - 21:59	9
22:00 - 22:59	8
23:00 - 23:59	7
24:00 - 24:59	6
25:00 - 25:59	5
26:00 - 26:59	4
27:00 - 27:59	3
28:00 - 28:59	2
29:00 or more	1

Summer Mileage	Points
300 miles or more	10
275 - 299	9
250 - 274	8
225 - 249	7
200 - 224	6
175 - 199	5
150 - 174	4

Attendance	Points
No Absences	7
1 Absence	5
2 Absences	4
3 Absences	3
4 Absences	2
5 Absences	1

Experience	Points
3 yrs. on the team	3
2 yrs. on the team	2
1 yr. on the team	1

Additional ways to accumulate points:

Improvement: For returning runners, each time you PR it is worth 2 points. For team members that are new to the team, each time you PR, it is worth 1 point.

Participate and finish in all regular season meets is 1 point.

Each volunteer activity you participate in is worth 1 point.