

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:

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

Each volunteer activity you participate in is worth 1 point.