

Lettering Criteria					
Earn 15 Points - consideration will be given to those on the border					
PERFORMANCE					
Varsity Events					
5 - Winning a race.					
2 - Top 10 at an Invitational.					
1 - Top 25 percent at an Invitational.					
7 - first finisher for Mayo.					
6 - second finisher .					
5 - third finisher.					
4 - fourth finisher.					
3 - fifth finisher.					
2 - sixth finisher.					
1 - seventh finisher.					
4 - Member of the Section Team.					
6 - Member of the State Team.					
2 - Alternate of the Section or State Team.					
Junior Varsity Events					
2 - Winning a race.					
3 - Beat an opposing team's 4th varsity time at All City.					
2 - Beat an opposing team's 5th varsity time at All City.					
2 - Top 10 at an invitational, conference, or section meet.					
1 - Top 25 percent at an invitational, conference, or section meet.					
Season Best on a 5km course (only one applies)					
5 - Run a time \leq 17:59 (boys)					
2 - Run a time \leq 18:59 (boys)					
1 - Run a time \leq 19:59 (boys)					
5 - Run a time \leq 20:59 (girls)					

2 - Run a time \leq 21:59 (girls)						
1 - Run a time \leq 22:59 (girls)						
COMMITMENT AND DEDICATION						
Participation (Only one applies)						
SENIORS						
only						
3 - Excellent attendance and competed in all meets (w/ exceptions for illness/injury)						
1 - Good attendance and competed in 75% of meets						
Work Ethic and Positive Attitude						
3 - Demonstrates determined effort, exceptional sportsmanship, and positive attitude at practices and meets						
Leadership						
3 - Regularly took on leadership roles such as captain or other role determined in conjunction with a coach						
Team Culture						
2 - Promotes and embodies our team culture "I want my teammates						