

Timpanogos Cross Country Lettering Requirements

The lettering requirements for Cross Country are based on a point system in which you can earn points by participating or scoring in Cross Country meets.

In order to receive a **Varsity Letter** an individual must accumulate a total of **65 points**.

In order to receive a **Junior Varsity Letter** an athlete must accumulate a total of **50 points**.

The point system is as follows:

Participation Points

To participate in a Cross Country Meet you can not have any unexcused practices.

5 points = Participation in a dual or tri meet.

6 points = Participation in a invitational meet.

8 points = Participation in a region or state meet.

Additional Points for Placing in Invitational

10 points = First place finish in meet.

9 points = Second place finish in meet.

8 points = Third place finish in meet.

7 points = Fourth place finish in meet.

6 points = Fifth place finish in meet.

5 points = Sixth place finish in meet.

4 points = Seventh place finish in meet.

3 points = Eighth place finish in meet.

2 points = Ninth place finish in meet.

1 points = Tenth place finish in meet.

Individual Performances Points

2 points = Running Varsity

1 point = Scoring Varsity (top 5)

2 points = Top JV Runner for Race

2 points = Personal Best

2 points = Making Top Ten List

5 points = Qualifying for State

10 points = School Record

15 points = Region Champion

25 points = State Champion

30 points = State Record

5 points = Athlete of the week

**** Points totals will be calculated after each meet.**

Season MVP

At the conclusion of each season there will be one boy and one girl MVP. The MVP will be awarded to top point finisher for boys and girls.

Top Grade MVP

At the conclusion of each season there will be one boy and one girl from each grade MVP. This will be different than season MVP.

Alpha T-Wolf Club

The Alpha T-wolf is an honor that the top 5 boys and girls will receive which is based on point totals. The top five boys and top five girls will receive an Alpha T-Wolf T-Shirt. The Alpha T-Wolf club is an honor which is earned by those that excel because of an outstanding individual and team commitment.