

# LADY COUGAR CROSS COUNTRY

## Course requirements and grading system

Grading is based solely on participating in workouts and meets and is not based on ability or times run. However, “participating” means participating fully, with maximum effort each day in practice and racing in the meets. Though injuries and illness are a part of sports, those injured and or ill can NOT expect to receive the same grade as those participating fully. In Cross Country if you are not racing, for whatever reason, you can’t earn an “A” for that race. If you don’t practice, you can’t earn an “A” for that day. Those with injuries/not participating will be provided with opportunities to help that will allow the granting of “b” grades for those practices or meets.

**CUTTING A WORKOUT is CHEATING** –once you are warned, twice you lose a grade and can’t participate in next meet(with loss of points) third time you will be dismissed from the team

### Practices

- 10 pts for practicing fully
- 8 pts for present but not practicing due to injury or illness (after 3 days, doctor or on site trainer must verify injury)
- 5 pts for present but not dressed out with no excuse
- 0 pts for not present (regardless of the reason)

### Meets

- 100% of the meet total for racing
- 85% of the meet total for excused (injury/illness) non racing but helps keep score or otherwise work meet
- 70% of the meet total for excused non racing but does not help
- 0% of the meet total for absence (regardless of the reason)\*
- \*Athletes with club soccer schedules can have one meet exempt from this with advance notice and agreement by coaches

Note: Absence due to illness/conflict from one meet would not likely impact overall grade

### GRADING SYSTEM DETAILS:

**In Season Practices** 45 at 10 each max=**450**

#### Invitationals

Laguna Hills, Woodbridge, Dana Inv, Brea	50 each
Orange County	75
Mt Sac	75
Total Invitationals	<b>=350</b>

#### League Meets

Cluster #1	200
Finals	250

**League Meet Totals** = **450**

#### Post Season practices

First 10 at 5=50	
Next 20 at 10=200	
Total	<b>= 250</b>

**Banquet** = **50**

#### Final Exam

100 for long run	100
100 for mile run	100
Total	<b>= 200</b>

**TOTAL SEMESTER POINTS** = **1750**

**A= 1575    B= 1400    C= 1225    D=1050**