

General Rules- for scoring

First you must be Registered to score for your school.(Registration is free). Your score is **not** retroactive but will count once registration is accepted. Registration is for this competition as a whole and does not waive the fee to enter the individual race you participate in. Send registration to wkirton@suddenlink.net

Scoring- Everyone is scored in three areas. Participation, Placing, and Bench-Mark times. Boys and Girls score for their school. The race must be listed on the Lone Star runners club web site calendar to be a qualifying race. (Lonestarrunnersclub.net)

- Participation- Everyone who enters a race receives one point for their school.
- Placing- Scores will be counted for **place in overall** race and points awarded to the top 6 finishing times. 1st-10, 2nd -8, 3rd -6, 4th -4, 5th -3, and 6th - 2.
- Bench-Mark- See the table for set times. Points- 10, 5, 3

		<u>HS Boys</u>	<u>HS Girls</u>	<u>J.H. Boys</u>	<u>J.H. Girls</u>
1 mile	10	5:00	5:30	6:00	6:10
	5	5:20	5:50	6:20	6:30
	3	5:40	6:10	6:40	6:50
2 mile		11:20	12:20	12:00	13:00
		11:40	12:40	12:30	13:30
		12:00	13:00	13:00	14:00
5k		17:00	18:20	20:00	22:00
		18:20	19:40	21:00	23:00
		19:40	21:00	22:00	24:00
4mile		23:00	25:00	26:00	27:30
		24:20	26:20	27:00	28:30
		25:40	27:40	28:00	29:30
5mile or 8k		31:00	32:30	33:00	34:00
		32:30	34:00	35:00	36:00
		34:00	35:00	37:00	38:00

Remember I accept only the race directors results, please do not contact me and ask for a score change because the results were incorrect. Sorry, no he said she said results accepted.