

Marysville-Getchell/Pilchuck Boys Swim & Dive Lettering Policy 2016-17

An athlete must finish the season to be *eligible* for a Varsity Letter.

The requirement for *earning* a Varsity Letter is 150 points, or by Head Coach's discretion.

Points may be earned in the following ways:

- 1. Establishing a personal time/score in any new event will earn you 2 pts.** You are encouraged to establish a time/score in every event. There are 8 individual swimming events, 3 diving events, and 5 relay spots for which a time/score can be established. Maximum possible: 32 pts
- 2. Improving your best time/score in an event will earn you 1 pt.** You may compete in up to 4 events per meet. There are 10 dual meets during the season, and everyone will participate in an end-of-season championship meet. Maximum possible: 44 pts
- 3. End of the season Level of Performance (L.O.P.) points** (variable – see attached). These points will be added to your total at the end of the season based on your best time/score. This is why it is so important to establish a time/score in EVERY event. Divers will earn 10% of their best 3, 6, and 11 dive scores.
- 4. Attendance:** All practices you attend during school days will be tallied and divided by 2. This total will be added to your points at the end of the season. Maximum possible: 23 pts
- 5. Vacation practices are worth 3 pts each:** *We WILL have practice the Friday after Thanksgiving, during Winter Break, and on Martin Luther King Jr. Day.* Making ALL Winter Break practices will earn you a 15pt. bonus! Maximum possible: 48 pts
- 6. Achieving any District Qualifying Standard will earn 15 pts.**
- 7. Achieving any State Qualifying Standard will earn 75 pts.**
- 8. New Varsity Records will earn 100 pts.**
- 9. Every point you score in a dual meet will go towards your total.**
- 10. Points earned in Championship Meets will be multiplied accordingly, and added to your total:**
JV Champs points X2 / District points X5 / State points X10
- 11. Setting/Equaling or Breaking a burn-out average will earn 5 pts.** This is a test set of 10 x 100 yards on 3:00. You must complete the set to earn the points.
- 12. First Semester G.P.A** (rounded to the nearest .1) will earn points accordingly:

15 pts = 4.0	5 pts = 2.9 – 2.8
10 pts = 3.9 – 3.8	4 pts = 2.7 – 2.6
9 pts = 3.7 – 3.6	3 pts = 2.5 – 2.4
8 pts = 3.5 – 3.4	2 pts = 2.3 – 2.2
7 pts = 3.3 – 3.2	1 pt = 2.1 – 2.0
6 pts = 3.1 – 3.0	

Level of Performance (L.O.P.) Standards

<u>200 Free</u>		<u>100 Free</u>
Sub 1:50	15 pts	Sub 50.0
1:50.0 – 1:53.0	10	50.0 – 51.5
1:53.1 – 1:57.0	9	51.6 – 53.5
1:57.1 – 2:02.0	8	53.6 – 56.0
2:02.1 – 2:08.0	7	56.1 – 59.0
2:08.1 – 2:15.0	6	59.1 – 1:02.5
2:15.1 – 2:23.0	5	1:02.6 – 1:06.5
2:23.1 – 2:32.0	4	1:06.6 – 1:11.0
2:32.1 – 2:42.0	3	1:11.1 – 1:16.0
2:42.1 – 2:53.0	2	1:16.1 – 1:21.5
2:53.1 – 3:05.0	1	1:21.6 – 1:27.5
<u>200 IM</u>		<u>500 Free</u>
Sub 2:05.0	15	Sub 5:00.0
2:05.0 – 2:08.0	10	5:00.0 – 5:06.0
2:08.0 – 2:12.0	9	5:06.1 – 5:16.0
2:12.1 – 2:17.0	8	5:16.1 – 5:30.0
2:17.1 – 2:23.0	7	5:30.1 – 5:48.0
2:23.1 – 2:29.0	6	5:48.1 – 6:10.0
2:29.1 – 2:37.0	5	6:10.1 – 6:36.0
2:37.1 – 2:46.0	4	6:36.1 – 7:06.0
2:46.1 – 2:56.0	3	7:06.1 – 7:40.0
2:56.1 – 3:06.0	2	7:40.1 – 8:08.0
3:06.1 – 3:17.0	1	8:08.1 – 8:40.0
<u>50 Free</u>		<u>100 Back</u>
Sub 23.0	15	Sub 58.0
23.0 – 23.2	10	58.0 – 59.0
23.3 – 23.7	9	59.1 – 1:01.0
23.8 – 24.4	8	1:01.1 – 1:04.0
24.5 – 25.3	7	1:04.1 – 1:08.0
25.4 – 26.4	6	1:08.1 – 1:13.0
26.5 – 27.7	5	1:13.1 – 1:19.0
27.8 – 29.2	4	1:19.1 – 1:26.0
29.3 – 30.9	3	1:26.1 – 1:34.0
31.0 – 32.8	2	1:34.1 – 1:43.0
32.9 – 34.0	1	1:43.1 – 1:53.0
<u>100 Fly</u>		<u>100 Breast</u>
Sub 56.0	15	Sub 1:05.0
56.0 – 57.0	10	1:05.0 – 1:06.0
57.1 – 59.0	9	1:06.1 – 1:08.0
59.1 – 1:02.0	8	1:08.1 – 1:11.0
1:02.1 – 1:06.0	7	1:11.1 – 1:15.0
1:06.1 – 1:11.0	6	1:15.1 – 1:20.0
1:11.1 – 1:17.0	5	1:20.1 – 1:26.0
1:17.1 – 1:24.0	4	1:26.1 – 1:33.0
1:24.1 – 1:32.0	3	1:33.1 – 1:41.0
1:32.1 – 1:41.0	2	1:41.1 – 1:50.0
1:41.1 – 1:51.0	1	1:50.1 – 2:00.0

Diving - Divers will earn 10% of their best 3, 6, and 11 dive scores.