**Marysville-Getchell/Pilchuck Boys Swim & Dive**

**Lettering Policy 2017-18**

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, and there are 11 meets during the regular season (not counting Districts or State). 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: 45 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**

200 Free 100 Free

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

200 IM 500 Free

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

50 Free 100 Back

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

100 Fly 100 Breast

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.\*