

Marysville-Getchell/Pilchuck Boys Swim & Dive Lettering Policy 2018-19

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 (excluding JV Champs, 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: 22 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>
<u>Sub 1:50</u>	15 pts		<u>Sub 50.0</u>
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>
<u>Sub 2:05.0</u>	15		<u>Sub 5:00.0</u>
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>
<u>Sub 23.0</u>	15		<u>Sub 58.0</u>
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>
<u>Sub 56.0</u>	15		<u>Sub 1:05.0</u>
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.