

In Cross Country - The Highest Score Doesn't Win

One of the many ways in which cross country differs from other sports is the way a competition is scored. Believe it or not, in cross country, the lowest score wins. Points are given in equal number to the place the runner finishes. 1st place gets one point. 3rd place gets three. 10th gets ten.

In a cross country race, 7 runners are allowed to compete at the varsity level. In the official scoring, only the top 5 runners on a team actually score. However, **the sixth and seventh runners are very important.** They can change the results of a race by displacing members of the other teams. For instance, our seventh runner might finish higher than Diamond Bar's fourth runner. Our runner didn't actually score for us, but he helped us by adding to the score of our opponent. **Sometimes, the sixth and seventh runner can decide a race!** At the JV and Frosh-Soph levels, more than seven runners are allowed to compete. Every cross country runner at Ayala, if he or she follows team guidelines, will be allowed to compete.

Sierra League Scoring

The Sierra League Cross Country season consists of two league meets and a League Finals competition. In **all** three races, the six league teams compete together in boys and girls races at Varsity, JV and Frosh-Soph levels.

In the two league meets, each team receives a point total according to a formula based on their placing. These meets are held at Bonelli Park in San Dimas.

In League Finals, each team receives a point total based on their finish. The formula for League Finals is weighted more heavily than the two other league meets. League Finals is held at Mt. Sac. The weight of League Finals makes it possible to lose both league meets and still be League Champions. It is important that we do well at all three of these meets! In this case, the highest point score wins.

The following team scoring will be in place for our league meets: These points will come into play after the regular scoring of the meet (i.e. lowest point score wins)

PLACE	A	B	Finals
1	5	5	10
2	4	4	8
3	3	3	6
4	2	2	4
5	1	1	2
6	0	0	0



There are six teams in our league (*Ayala, Diamond Bar, Glendora, Chino Hills, Chino and Damien/St. Lucy's*). In the first two league meets, a team will receive points from column A for their best finish (place), and from column B for their worst finish. In the league finals meet, teams will receive points from column C for their finish place. The highest point total on this basis shall determine the League Champion. Ties in points shall be Co-Champion.