

Saline Crew Varsity standards

Each Varsity rower will be required to earn a cumulative total of **400** points

Points are awarded as follows

Activity	Points												
seasons													
1 Fall season	75												
1 Spring season	100												
winter conditioning(allowed 2 absenes for assigned workouts)													
100K holiday challenge	10												
200K holiday challenge	20												
100% assigned workouts	40												
% of total Workouts	% of total points												
Varsity races (6+ boats and/or coaches discretion)													
gold medal	150												
Sub-Varsity races (6+ boats and/or coaches discretion)													
gold medal	20												
Honerable scores													
	<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td colspan="2" style="text-align: center;">Lightweight</td> <td colspan="2" style="text-align: center;">Heavyweight</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">Girls</td> <td style="text-align: center;">Boys</td> <td style="text-align: center;">Girls</td> <td style="text-align: center;">Boys</td> <td></td> </tr> </table>		Lightweight		Heavyweight				Girls	Boys	Girls	Boys	
	Lightweight		Heavyweight										
	Girls	Boys	Girls	Boys									
2000 meters	8:20	7:20	8:00	7:00	20								
6,000 meters	26:30	24:00	25:30	23:00	15								
<u>Required cumulative points to earn varsity letter</u>					<u>400</u>								