

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 Falls Season				50
		1 Spring Season				75
	Conditioning					
		100% Assigned Summer Workouts*				35**
		100% Assigned Winter Workouts*				40**
		100k Holiday Challenge***				20
		200k Holiday Challenge***				40
	Varsity races (4+ boats and/or coaches discretion)					
		Gold Medal				100
		Silver Medal				50
		Bronze Medal				25
	Sub-Varsity races (4+ boats and/or coaches discretion)					
		Gold Medal				20
	Honerable Erg Scores					
			Lightweight		Heavyweight	
			Girls	Boys	Girls	Boys
	2,000 meters		8:15	7:15	7:55	7:00
	6,000 meters		26:30	24:00	25:30	23:00

<u>Required cumulative points to earn varsity letter</u>	<u>400</u>
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Notes:

* Two absences are allowed for each set of assigned workouts

** Points for assigned workouts are calculated by percent of workouts completed

*** Points will only be received for completing the 100K Challenge or 200K Challenge not both

