

## 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 contidioning(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					
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
<b><u>Required cumulative points to earn varsity letter</u></b>					<b><u>400</u></b>