

Scoring

Low Score Wins: As in golf, the object in cross country is to compete for the lowest score possible. In other words, a team that scores 35 points places ahead of a team that scores 40 points. This means that when two or more teams are competing, the first place team has the lowest score, the second place team has the second lowest score, the third place team has the third lowest score and so on.

Scores Are Based on the Top Five Finishers -- Although seven to 10 athletes from each team compete at the varsity level and as many athletes as a team has can compete at lower levels--e.g., girls junior varsity, boys junior varsity-- only the first five finishers are counted in determining a team's score. For instance, let's say Esperanza's first five finishers place 1, 3, 4, 5, and 8 in a meet against Edison. Edison's first five finishers, in turn, place 2, 6, 7, 9, 11. This will illustrate 2 points:

(A) low score wins, and (B) what is called displacement . Let's take a look.

A. Low Score Wins:

Esperanza	Edison
1	2
3	6
4	7
5	9
8	11
21	35

Esperanza Wins!

B. Displacement -- In looking at the scoring above, it may have occurred to you that the 10th finisher does not show up in the scoring. What happened to him? First, it is clear that he was an Esperanza runner because if he ran for Edison, he would have been their 5th finisher and earned them 10 points instead of 11. Second, it logically follows that although he does not figure directly in the scoring, he does figure indirectly in that he caused Edison to lose by 1 point more than it would have without him, i.e., he has displaced an Edison runner. Obviously, in close meets displacing can make the difference between winning and losing; hence the 6th and 7th athletes on the same team are just as important as the 1st. While it is exciting and helpful to have a star or two on a cross country team. cross country is still a team

sport.

Coaches Note: In the event a race ends in a tie the winner is determined by the position of the #6 runner from both teams. The team with the better sixth runner wins.

What About Invitationals -- In an invitational and similar cross country competitions--e.g., CIF finals--a great many teams run against each other in a given race. All but one of our races is scored in this format. Once again, however, it's still low score that wins, and only the first five finishers for a given team count in the scoring. Further, at the varsity level, each team may still enter only its top seven runners in a varsity race. Therefore, at the varsity level, scoring in an invitational is exactly like scoring in a dual. Some invitational run their races on a grade level format--seniors vs. seniors, juniors vs. juniors, etc.

Preview Meet and League Finals-- These are the only two races that count towards a league championship or league placing. The top three teams in league will continue to race in CIF. Only the varsity teams have an opportunity to race in CIF. Each race is scored differently. In the preview meet all teams compete against each other at the same time, however as noted above in scoring, each team scores against each individual team. Each win against an opposing team counts as 1 point. Invitational scoring is used for League Finals and each win is worth 2 points.

Results-- Most results will be on the internet and we will post information on the website under "results" with (hopefully) a race review.

Awards--No awards are given at the preview meet, only at an invitational. At invitational award is usually given for individuals and team performances. Individual awards may be given in a finish chute, after each race is completed, or at the end of the meet.

Our Competition:

CIF Southern Section Div. I

Sunset League

Schools in the Sunset

Huntington Beach
Edison

Esperanza
Los Alamitos

Marina
Fountain Valley

