

How to Score a Cross Country Meet

The first five runners from each team to cross the finish line receive the points that correspond to their place. The first place runner receives one point, the second place runner two, and so on.

The team receiving the lowest score wins.

The sixth and seventh runners on a team, although they don't receive a score, can also be important, in that they can "displace" scoring runners from the other team. For example, consider the following race:

Sample Meet	Secaucus	Blue Hat HS
	3rd	1st
	4th	2nd
	6th	5th
	7th	11th
	8th	12th
	(9th)	
	(10th)	
Final Score:	28	31

In this meet situation, Secaucus wins 28-31.

As you can see, even though our sixth and seventh place runners' scores were not added into the total, they were enough to displace the Blue Hat fourth and fifth place runners' scores, and give the win to us. I can't emphasize again the important role of the #6 and #7 runners!

A score of 27 or less always wins a meet, as does having the first, second and third place winners, with at least five runners finishing. This final instance is called a "sweep". This only pertains to dual meets.

Invitational or Championship

Your team gets the points for the actual place that you earn when crossing the finish line. For example if we went 11,18,21,23,34 (36, 40) – our score would be the first five runners = 107
If a school enters less than 5 runners or starts a team and does not finish with 5 runners, their places are displaced. Meaning if a team ahead of our first runner (in the case 11th) was 10th, that 10 points would be awarded to us and the ENTIRE field of runners bump up into new scoring positions.