



## Volunteer Points System Lookup Sheet

December 1, 2022 - November 30, 2023

Please refer to the full CMS Volunteer Points System Guidelines on our website at [cmsrun.org](https://cmsrun.org) for complete information.

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### Executive Board Points

CMS Elections are held at the Members Only Race and Annual Meeting in June.

Elected and appointed positions are awarded points *on a half year basis*.

President	20 (per half year)
Vice President	17
Clerk	17
Treasurer	17
Membership Secretary	17
Member-at-Large (6 positions available)	15
Webmaster	17
Clothing Coordinators	10
Timing and Scoring Coordinator	17
Team Captain/Rep	10

# CMS Races and Events Points

For the purposes of this document, our races will be broken down into the following categories:

**CATEGORY 1 - Freezer 5, Wachusett Mountain Race, Boston Marathon Bus Volunteer**

**CATEGORY 2 - Ric Buxton 5K, Devin Kravitz 5K, Fred Warren 5.5 Mile Road Race, Rehearsal Run Water Stop Volunteer**

**CATEGORY 3 - Lake Park Series, Newton Hill Series**

**CMS Event Category - Christmas Eve Run, Winter Banquet, Members Only Run**

*Stu's 30K is considered Category 1, but has a more elaborate points system breakdown. Please see next page for the full Stu's 30K point system.*

<b>Category 1</b>	Race Director: 40 points Volunteer Coordinator: 20 points Full Event Volunteer: 10 points Run and Volunteer: 2 points Packet Pick-Up: 6 points All Day Marathon Bus Volunteer: 15 points
<b>Category 2</b>	Race Director: 40 points Volunteer Coordinator: 20 points Full Event Volunteer: 6 points Run and Volunteer: 1 point Packet Pick-Up: 6 points
<b>Category 3</b>	Race Director: 40 points per series Full Event Volunteer: 4 points per race
<b>CMS Weekly 5K</b>	Race Coordinator: 50 points per 13 week commitment Full Event Volunteer: 3 points per race Run and Volunteer: 1 point per race Weekly 5K Tracker: 26 points per half year
<b>Non-CMS Races (including but not limited to: Celtic 5K, Canal Diggers, Worcester FF 6K)</b>	Volunteer Crew Chief: 15 points Full Event Volunteer: 6 points Run and Volunteer: 1 point Packet Pick-Up (if held): 6 points
<b>CMS Event</b>	Event Coordinator: 15 points Full Event Volunteer: 6 points

# Stu's 30K

Stu's 30K is a Category 1 race. **To be considered for a Boston Marathon time-waived bib from CMS, volunteering for Stu's 30K is required.**

Packet pick-up and Saturday set-up do fulfill this requirement. If you cannot volunteer at Stu's 30K due to extenuating circumstances, you should contact the board at [president@cmsrun.org](mailto:president@cmsrun.org) well prior to applying for a bib, and this requirement may be substituted for another volunteer commitment.

<b>Stu's 30K Volunteer Position</b>	<b>Points Awarded</b>
Stu's Race Director	40
Stu's Volunteer Coordinator	20
Stu's Full Day Volunteer	15
Stu's Pre-Race Day Set Up	6
Stu's Race Registration	6
Stu's Water Stop 1,2,3	6
Stu's Water Stop 4,5,6	15
Stu's Course Monitor	10
Stu's Timing Crew	10
Stu's Race Greeter	6
Stu's Packet Pick-Up	6
Stu's Race Sweeper	15
Stu's Truck -- Set up water stops	15
Stu's Truck -- Break down water stops	15

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## BAA Event Points

Participation at any of the following BAA Events **as part of the official CMS group** is worth 15 points per event: BAA 10K, BAA Half Marathon, BAA Boston Marathon Elite Hydration Station. *Volunteering at the Boston Marathon Expo does not have any associated CMS volunteer points.*

The CMS Liaison to the BAA will receive 20 points per half year, and the CMS Crew Chief for any BAA Event, including the Expo, shall receive 20 points per event after their attendance records have been submitted to the CMS Volunteer Points Tracker.

## Other CMS Point Opportunities

The following miscellaneous jobs are worth **6 points** each (for races where these duties are not already assigned points): empty truck/return equip to shed, snow removal at the shed, loading truck/equip from shed

The following annual positions are worth **10 points per half year**: Newsletter Coordinator, Board Helper (points awarded at discretion of the board), Polar Beverages Liaison

The following annual position is worth **17 points per half year**: Communications Director (has not been filled in some time)

The following positions are worth **20 points per half year**: Volunteer Points Tracker, Volunteer Points Liaison (this position is being created to keep track of volunteer points used by members for race entries, etc.)

The coordinator of our West Boylston Rail Trail 5K/10K Series shall receive **20 points** for the series.