TRACK AND FIELD/CROSS COUNTRY RECRUITING STANDARDS

WOMEN			Event	MEN		
Walk-On	Scholarship	Target		Walk-On	Scholarship	Target
12.10	11.70	11.45	100m	10.80	10.60	10.45
25.00	24.00	23.50	200m	22.00	21.50	21.00
57.00	54.50	53.50	400m	48.50	47.50	46.50
2:12	2:10	2:06	800m	1:53	1:51	1:49
5:05	4:50	4:45	1600m	4:16	4:08	4:05
11:00	10:20	10:10	3200m	9:15	9:00	8:50
14.50	13.90	13.50	100/110mH	14.20	13.90	13.60
43.50	42.50	41.70	300mH	38.50	37.50	36.50
61.00	59.50	58.00	400mH	53.00	52.00	51.00
18-6 *5.65m*	19-6 *5.95m*	20-6 *6.25m*	LONG JUMP	23-6 *7.16m*	24-6 *7.47m*	25-6 *7.78m*
38-0 *11.48m*	40-6 *12.04m*	42-6 *12.80m*	TRIPLE JUMP	48-0 14.64m	50-0 15.25m	52-0 15.85m
5-6 *1.68m*	5-9 *1.76m*	5-11 *1.81m*	HIGH JUMP	6-8 *2.04m*	7-0 *2.09m*	7-2 *2.19m*
12-0 *3.66m*	13-0 *3.97m*	14-0 *4.27m*	POLE VAULT	15-6 *4.73m*	16-6 *5.03m*	17-0 *5.19m*
43-0 13.10m	47-0 14.35m	50-0 15.25m	SHOT PUT	57-0 *17.40m*	60-0 *18.30m*	65-0 *19.80m*
140-0 42.70m	155-0 47.25m	165-0 50.30m	DISCUS	170-0 *51.80m*	185-0 *56.40m*	200-0 *61.00m*
150-0 *45.70m*	175-0 *53.35m*	198-0 *60.35m*	HAMMER	190-0 *57.90m*	215-0 *65.50m*	225-0 *68.60m*
130-0 *39.60m*	150-0 *45.70m*	160-0 *48.75m*	JAVELIN	180-0 *54.85m*	200-0 *60.95m*	225-0 *68.60m*

- These performances are for the consideration of athletic scholarship and do not guarantee an award or roster spot
- Athletic scholarships can range from 1-100%
- **All sprint/hurdle times must be wind legal and Fully Automatic Timed (FAT) marks (Relay splits not applicable)
- Cross country times might be considered by the coaching staff if the athlete is close to achieving performances above