

College of Charleston
Women's Cross Country/Track & Field
Recruiting Standards

Event	Scholarship	Walk-on
100m	11.98	12.30
200m	24.30	25.00
400m	56.50	57.50
100H	14.20	14.60
300H/400H	42.50/1:02.00	45.00/1:05.00
800m	2:15	2:20
1500m	4:40	4:50
1600m/Mile	5:02	5:12
3000m	10:15	10:40
3200/2-Mile	11:00	11:25
5000 (track)	18:30	19:00
3 mi XC**	18:00	18:30
5k XC**	18:45	19:15
Long Jump	19'	18'
Triple Jump	39'	37'8"
High Jump	5'8"	5'5"
Pole Vault	12'6"	11'9"

Reaching the posted standards will not guarantee an athletic scholarship or a roster spot. Many variables are considered when evaluating potential student-athletes, including:

- Academics
- Scholarship availability
- Team needs
- Consistency of performance

Scholarships may range from partial (1%) to full cost of attendance (100%). Competition for scholarships includes high school seniors, junior college graduates, transfers, and international students.

**Course difficulty is considered for Cross Country. We also place an emphasis on placement in championships races when considering cross country results

**For the Multi-Events, we take a combination of events into consideration.