

DePaul University Track & Field and Cross Country
Recruiting Standards

* *Performance marks must be documented: (Ex.) Milesplit, TFRRS, Athletic.net*

Event	**Target Recruits Men**	Scholarship Standard Men	Walk-on Standard Men	**Target Recruits Women**	Scholarship Standard Women	Walk-on Standard Women
100m	**10.35**	10.55	10.80	**11.45**	11.75	11.95
200m	**21.00**	21.50	22.00	**24.00**	24.35	24.75
400m	**47.15**	47.85	49.00	**54.25**	55.50	56.75
800m	**1:51**	1:54	1:56	**2:08**	2:12	2:15
1600m	**4:12**	4:17	4:24	**4:54**	5:05	5:18
3200m	**9:12**	9:20	9:30	**10:40**	11:10	11:30
100/110H	**14.00**	14.25	14.50	**13.90**	14.30	14.70
300H	**36.25**	38.00	39.00	**42.25**	44.00	45.50
400H	**52.00**	53.00	55.00	**1:00.75**	1:02.75	1:04.00
LONG JUMP	**25'**	23'9"	23'	**20'6"**	19'6"	18'6"
TRIPLE JUMP	**51'**	49'4"	48'	**42'0"**	40'6"	37'9"
POLE VAULT	***NA***	*NA*	*NA*	***NA***	*NA*	*NA*
HIGH JUMP	**7'0"**	6'8"	6'4"	**5'10"**	5'6"	5'4"
SHOT PUT	**60'**	55'	51'	**46'**	43"	41'0"
DISCUS	**190'**	170'	150'	**160'"**	145'0"	125'0"
JAVELIN	**200'0"**	180'0"	160'0"	**150'0"**	145'	125'
HAMMER	**200'0"**	185'0"	165'0"	**180'**	160'	140'

Cross Country
Prospective student-athletes that are interested in Cross Country will be evaluated on their place at Regional/Sectional and State Championships, Foot Locker, and Nike Regional and National competitions.

*Reaching these standards will **NOT** guarantee you an athletic scholarship or a spot on the team. There are many other factors that we consider: SAT/ACT scores, high school GPA, scholarship availability, as well as team needs. Please note that scholarships can range in value from 10-100% Competition for these scholarships is tough. If you meet the above standards, we encourage you to contact us.