



Men's Recruiting Standards

	<i>Target Recruits</i>	<i>Scholarship Standard</i>	<i>Walk-On Consideration</i>
100m	10.30	10.50	10.70
200m	20.75	21.25	21.65
400m	46.65	47.50	48.50
800m	1:49.50	1:52.00	1:54.00
1500m	3:47.50	3:54.00	3:58.00
Mile	4:05.00	4:12.00	4:16.00
3000m	8:25.00	8:38.00	8:45.00
3200m	9:00.00	9:15.00	9:23.00
5000m	14:20.00	15:00.00	15:20.00
110mH (39")	13.60	14.00	14.20
110mH (42")	13.80	14.30	14.60
300mH	36.50	37.70	38.50
400mH	51.30	53.90	54.90
High Jump	2.12m	2.05m	1.97m
Long Jump	7.50m	7.20m	7.10m
Triple Jump	15.50m	14.50m	14.00m
Pole Vault	5.25m	5.00m	4.60m
Shot Put (12lbs)	20.50m	19.30m	18.00m
Shot Put (16lbs)	17.80m	17.00m	16.25m
Discus (1.6kg)	68.00m	58.00m	55.00m
Discus (2kg)	52.50m	50.00m	47.50m
Javelin	65.50m	60.00m	55.50m
Hammer (12lbs)	64.00m	61.00m	58.00m
Hammer (16lbs)	61.50m	59.50m	55.50m
Weight (35lbs)	19.00m	18.50m	17.30m
Weight (25lbs)	23.50m	22.00m	20.00m
Decathlon	7200	6600	6000
Heptathlon	5400	5000	4600

Women's Recruiting Standards

	<i>Target Recruits</i>	<i>Scholarship Standard</i>	<i>Walk-On Consideration</i>
100m	11.60	11.80	11.95
200m	23.50	24.20	24.40
400m	54.00	55.50	56.50
800m	2:08.00	2:14.00	2:17.00
1500m	4:28.00	4:35.00	4:40.00
Mile	4:50.00	4:57.00	5:03.00
3000m	9:45.00	10:15.00	10:25.00
3200m	10:25.00	10:57.00	11:10.00
5000m	16:45.00	17:30.00	17:50.00
100mH (33")	13.70	13.90	14.20
300mH	42.00	43.50	44.50
400mH	60.00	62.25	63.50
High Jump	1.75m	1.70m	1.65m
Long Jump	6.10m	5.80m	5.65m
Triple Jump	12.70m	12.00m	11.70m
Pole Vault	4.00m	3.75m	3.60m
Shot Put	15.50m	14.70m	13.90m
Discus	50.00m	47.00m	44.00m
Javelin	45.00m	40.00m	38.00m
Hammer	57.75m	54.00m	50.00m
Weight (College)	18.50m	17.50m	16.00m
Weight (HS)	17.50m	16.50m	15.00m
Heptathlon	5350	5000	4600
Pentathlon	4000	3675	3500

Scholarships can range in value from 1-100%

Reaching the standards above does not guarantee you an athletic scholarship or roster spot within the EMU Track & Field program

Multiple factors are considered including: **academic performance, consistent (wind legal) marks, event versatility, scholarship availability, and team needs**

Cross Country performances will also be considered for the distance running events

