



Scholarship & Recruited Walk-on Standards

Thank you for your interest in the Florida State Track & Field / Cross Country program. We have provided our standards for Athletic Scholarships and recruited walk-on consideration standards for High School Students. Below is a link to our online questionnaire. We encourage you fill that out to help begin the recruitment process as well as browse Seminoles.com for more information about our program.

Keep in mind that NCAA Rules prohibit all coaches from having contact of any kind with Prospective Student-Athletes until after June 15 following their sophomore year of high school.

[Place a link to the online questionnaire here](#)

GO NOLES!

Matt Kane
Director of Track & Field / Cross Country

Emmanuel Dixon
Assistant Coach Men's Sprints

Luke Bryant
Assistant Coach Throws

Jerel Langley
Assistant Coach Jumps & Multi-events

Tony Davis
Assistant Coach Hurdles & Women's Sprints

Cody Halsey
Head Coach Women's Cross Country / Assistant Coach Distance

Ryan Murphy
Asst Coach Men's Distance & Dir of Ops





Scholarship & Recruited Walk-on Standards

Men's Standards			Women's Standards	
Event	Target	Minimum	Target	Minimum
100m	10.20	10.35	11.35	11.55
200m	20.65	20.85	23.30	23.70
400m	46.00	46.50	52.80	53.80
800m	1:48.0	1:50.0	2:05.0	2:07.50
1600m	4:03.0	4:07.0	4:42.0	4:48.0
3200m	8:45.0	8:59.0	10:05.0	10:20.0
100/110H	13.40	13.70	13.30	13.55
300H	36.00	36.75	41.00	42.00
400H	50.80	51.50	57.75	58.75
Long Jump	7.75m	7.55m	6.35m	6.00m
Triple Jump	16.00m	15.50m	13.10m	12.65m
High Jump	2.20m	2.13m	1.85m	1.75m
Shot Put	20.75m	19.50m	15.45m	14.50m
Discus	63.50m	58.50m	54.50m	48.50m
Hammer	70.00m	66.00m	57.50m	55.50m
Javelin	74.00m	69.00m	50.00m	47.00m
Multi-Event	7600pt	7200pt	5600pt	5400pt

International Distances				
Event	Target	Minimum	Target	Minimum
1500m	3:45.0	3:49.50	4:21.0	4:24.0
3000m	8:10.0	8:20.0	9:15.0	9:30.0
5000m	13:59.0	14:20.0	15:59.0	16:25.0
10000m	29:15.0	29:35.0	32:30.0	33:20.0
3000m SC	8:55.0	9:05.0	10:00.0	10:20.0

Reaching these standards will not guarantee you an athletic scholarship or roster spot. Multiple factors are considered including academic performance, scholarship availability and team need. Competition for scholarships is extremely competitive between all event areas and if you have met the above standards, we highly encourage you to contact the staff.

[Place a link to the questionnaire here.](#)