

Columbia Track & Field Recruitment Guide '26 - '27

The following information gives you a brief overview of what the Columbia Track & Field coaches are looking for out of potential recruits and how the process works. To learn more please contact the coach that covers your events.

Academic and Athletic Recruitment Standards

All marks must be FAT with wind reading

(Standards for Recruitment must be achieved by July 1st prior to SR year)

Minimum Academic Standards

<i>Unweighted GPA</i>	<i>3.6/4.0 or 93/100</i>
<i>SAT</i>	<i>1400</i>
<i>ACT</i>	<i>33</i>

Currently, neither SAT or ACT is required. SAT Subject Tests are not required. You may re-test as often as you like, Columbia will only consider your best score. You can super score both the SAT and the ACT.

Financial Aid

All [Financial Aid](#) at Columbia is need based, meets full need, and admissions is need blind—admissions applications for US citizens and eligible non-citizens are evaluated without regard to financial need. Use the link to learn more about how Financial Aid works at Columbia and to use our Net Price Calculator. For athletes invited to an official visit, the Columbia Financial Aid Office can complete an Athlete early Estimate Application to estimate cost of attendance for freshman year. To complete this process, you will need to submit the following information:

1. CSS Profile for all custodial and non-custodial parents (provided by Columbia)
2. Prior year's tax return and W-2's for all custodial and non-custodial parents

Event	Men (Recruitment)	Men (Try-Out)	Women (Recruitment)	Women (Try-Out)
100m	10.60	10.80	11.75	12.05
200m	21.50	21.95	24.30	24.80
400m	47.90	49.00	55.00	57.00
800m	1:53	1:54	2:11	2:13
1600m	4:12	4:16	4:54	4:58
3200m	9:10	9:15	10:35	10:40
100H/110H	14.00	14.25	13.90	14.40
300H	38.15	39.50	41.75	43.50
400H	52.00	54.00	1:00.50	1:02.00
Long Jump	23-6	23-0	19-6	18-9
Triple Jump	48-0	46-6	40-0	39-0
High Jump	7-0	6-10	5-10	5-7
Pole Vault	17-6	16-6	14-0	13-6
Hammer Throw	200-0	190-0	160-0	160-0
Weight Throw	65-0	60-0	48-6	47-0
Shot Put	60-0	55-0	44-0	40-0
Discus	175-0	170-0	155-0	140-0
Javelin	190-0	180-0	135-0	130-0
Pentathlon			4,500	4,000
Decathlon	7,000	6,500		
Heptathlon			5500	5000

Application Deadlines

The Early Decision Application Deadline at Columbia University is November 1 and is a binding application. We anticipate using all of our recruitment supports by October 15th as it offers the best chance for you to ensure your spot in our class.

The Regular Decision Application Deadline is January 1 and is non-binding.