

Event	Target Recruits MEN	Team Standard MEN	Target Recruits WOMEN	Team Standard WOMEN
100m	10.65	11.00	11.95	12.15
200m	21.65	22.50	24.25	25.20
400m	48.23	50.00	55.30	56.75
800m	1:51.20	1:54.50	2:09.00	2:13.00
1600m	4:10.00	4:16.50	4:50.00	5:05.00
3200m	9:12.50	9:27.00	10:30.00	11:00.00
110H/100H	14.20	14.80	14.05	14.50
300H	38.50	39.80	43.00	44.50
400H	53.50	55.60	61.50	63.00
LJ	7.35m/24'1"	7.00m/22'11.75"	5.90m/ 19'4.5"	5.65m/18'6"
TJ	15m/49'2"	14.65m/48'1"	12.35m/ 40'6"	11.90m/39'
PV	5m/16'5"	4.70m/15'5"	4m/13'1"	3.65m/ 12'
HJ	2.06m/ 6'09"	1.95m/6'5"	1.73m/ 5'8"	1.68m/ 5'6"
SP	18.90m/ 62'	17.68m/ 58'	14.02m/ 46'	12.80m/ 42'
DS	57.92m/ 190'	54.86m/ 180'	44.2m/ 145'	41.14m/ 135'
JAV	60m/196'10"	55m/180'5"	41m/ 134'6"	39m/127'11"
HAMM	54.51m/ 178'10"	200'	47.69m/ 156'05"	165'
XC	*See Below	*See Below	*See Below	*See Below

*Athletes interested in being recruited for cross country will be evaluated on their performances at the State Championships, Foot Locker and Nike Regional/National Competitions as well as their performances on the track.

Reaching these standards will not guarantee you a spot on the team as there are many other factors to consider: GPA, SAT Test Scores, ACT Test Scores, SAT II Test Scores and team needs.

If you've met or exceed the above standards, we encourage you to contact your respective event coach directly.