HOLY CROSS TRACK AND FIELD RECRUITING STANDARDS

Thank you for looking into the Holy Cross XC and Track and Field programs. Below you'll find recruiting and walk-on standards for our program to be used as a guide for determining if Holy Cross track and field is a good match for you.

We encourage you to contact our coaches by filling out our online questionnaire:
Women's XCTF Recruiting Questionnaire (https://questionnaires.armssoftware.com/e97f0ce322a5?path=wxc)
Men's XCTF Recruiting Questionnaire (https://questionnaires.armssoftware.com/97d1feb18d71?path=mtrack)

Information on all things Holy Cross recruiting can be found on the general Be Recruited page (https://goholycross.com/sports/2022/3/7/be-recruited)

The questionnaire should be filled out as completely as possible. It **must** include athletic/academic stats. Attach your most up-to-date (unofficial) transcript. Submit video. You should follow your questionnaire up with a brief email to one of our recruiting coordinators or event specialist (see below) letting us know you've submitted your information*.

If you're planning a visit to the campus, you should email coaches in advance of the visit, to inquire about setting up a meeting.

*Please note that we cannot contact recruits prior to June 15th of their sophomore year.

Transfers:
Preceding contacting a coach, all potential transfer students must enter the transfer portal. When sending an email to a member of our staff, you should indicate that you've entered the portal. Once verified, a coach will reach out to you regarding your match to our program.

Please note that Holy Cross takes limited transfers each fall, and rarely takes transfers for the spring. Transfers should be in excellent (3.5+) academic standing within the college they are transferring from.

Walk-ons
If you hit or are close to hitting our walk-on standard, you should reach out and keep us updated on your progress throughout your track season. Walk-ons will only be considered for the team if a spot is available.

COACHING STAFF
Richard L. Ahern '51 Director of Cross Country and Track and Field: Egetta Alfonso (400, Sprints, Middle-Distance)
Associate Head Coach Cross Country and Long Distance: Steph Reilly (M/W Cross Country, Distance)
Men's and Women's Assistant Coach: Shawn McCabe (M/W Throws)
Men's and Women's Assistant Coach: Jason Sliwoski (Hurdles, High Jump, Multi-events, Vault)
Men's and Women's Assistant Coach: Kevin Consoles (Horizontal Jumps, Sprints, Vault)

RECRUITING COORDINATORS:
Recruiting Coordinator for Men's and Women's XC/Distance: Steph Reilly
Recruiting Coordinator for Men's and Women's Track and Field: Shawn McCabe

WOMEN'S TRACK AND FIELD RECRUITING STANDARDS

INDOOR TRACK AND FIELD

Event	Recruits	Walk-Ons
55m/60m	7.60/8.19	7.70/8.29
55H/60H	8.49/9.01	8.75/9.11
200m	25.96	26.20
300m	42.00	42.90
400m	59.00	59.95
500m	1:18.00	1:20.00
600m	1:40.00	1:40.00
800m	2:18.00	2:20.00
1000m	3:02.00	3:05.00
1 mile	5:10.00	5:14.00
2 mile	11:10.00	11:20.00
HJ	5'4"	5'2"
PV	12'	11'6"
LJ	17'3"	16'10"
TJ	36'	35'
WT	46'	43'
SP	40'	37'
3000m	10:20.00	10:30.00

OUTDOOR TRACK AND FIELD

Event	Recruits	Walk-Ons
100m	12.60	12.70
100H	14.99	15.20
400H	65.5	66.00
1500m	4:45	4:50
2kSC	7:10	7:10
3kSC	11:00	11:00
Javelin	120'	120'
Hammer	140'	140'
Discus	125'	125'
Multi (pent)*	3050	

*Multi-athletes need to be in within walk-on standards for 2 events

MEN'S TRACK AND FIELD RECRUITING STANDARDS

INDOOR TRACK AND FIELD

Event	Recruits	Walk-Ons
55/60m	6.65/7.18	6.75/7.28
55H/60H	7.75/8.33	8.34/8.60
200m	22.50	22.70
300m	35.10	36.00
400m	50.50	50.50
500m	1:07.75	1:07.75
600m	1:23.00	1:24.00
800m	1:56.00	1:57.50
1000m	2:34.50	2:34.50
1 mile	4:20.00	4:24.00
2 mile	9:20.00	9:25.00
HJ	6'5"	6'3"
PV	13'6"	13'0"
LJ	22'0"	21'5"
TJ	44'	43'6"
WT	55'	55'
SP	52'	52'
3000m	8:40.00	8:48.00

OUTDOOR TRACK AND FIELD

Event	Recruits	Walk-Ons
100m	10.85	11.00
110H	14.80	15.20
400H	56.00	57.00
1500m	4:00.00	4:04.00
3kSC	9:40.00	9:40.00
Javelin	180'	180'
Hammer	180'	180'
Discus	165'	150'
Multi (pent)*	3050	

*Multi-athletes need to be in within walk-on standards for 2 events