



Men's Track & Field / Cross Country Recruiting Standards

Event	2026 10th Best Patriot League Mark	Lafayette Roster Spot Consideration
60m	6.87	55m: 6.65 ... 60m: 7.20
60m Hurdles	8.30	55H: 7.90 ... 60H: 8.60
100m	10.55	11.00
110m Hurdles	14.68	15.50
200m	I: 21.50; O: 21.33	22.50
400m	I: 49.00; O: 48.17	50.50
400m Hurdles	53.97	400H: 58.00; 300H: 42.00
800m	I: 1:52.00; O: 1:50.34	1:56.00
Mile / 1500m	Mile: 4:06.77; 1500m: 3:47.66	1600: 4:25.00; 1500: 4:06.50
3K	8:08.43	3K: 8:58.00; 3200: 9:35.00
Steeplechase	9:04.54	2KS: 6:30; 3KS: 9:45
5K	I: 14:22.17; O: 14:12.04	XC 5K: <16:10
10K	30:37.91	XC 5K: <16:10
Shot Put	I: 52-1.75; O: 50-10.25	49-00
Weight Throw	58-1.25	50-00
Discus	156-10	148-00
Hammer	185-4	150-00
Javelin	197-4	165-00
High Jump	I: 6-5; O: 6-6.75	6-2
Pole Vault	I: 15-11; O: 16-0.75	14-0
Long Jump	I: 22-10; O: 23-1.75	21-0
Triple Jump	I: 46-8.25; O: 47-4.25	43-00
Hep / Dec	Hep: 4,587 pts; Dec: 5,929 pts	Considered on individual basis

**I = Indoor; O = Outdoor*

Important Notes

1. Achieving standard(s) does not guarantee a spot. Academic & roster size factors are also considered.
2. Lafayette College Track & Field / XC **does not** offer **athletic** scholarships.
3. Athletes **can** receive **need-based financial assistance** or **academic merit** and both are reviewed on a case-by-case basis by Financial Aid and/or Admissions.
4. Lafayette College is an extremely competitive academic institution. High level classes, and primarily As and Bs in those classes, are considered to be part of a strong academic resume.