



University of Rhode Island

Men's Track and Field

Standards

updated 6/19/26

Event	Scholarship/Transfer Consideration Standard	Walk-On Standard
(55m)^	6.40	6.50
100m	10.55	10.75
200m	21.40	21.75
(300m)^	34.00	34.75
400m	47.50	48.75
(600m)^	1:20.00	1:22.00
800m	1:51.50	1:53.50
(1000m)^	2:26.50	2:29.00
1600m	4:10.00	4:15.00
3200m	9:00.00	9:16.00
(55HH)^	7.40	7.60
110HH	14.00	14.40
(300IH)^	37.50	38.50
400H	53.00	54.50
Long Jump	24' 0"	23' 0"
Triple Jump	49' 0"	47' 0"
Pole Vault	16' 0"	15' 0"
High Jump	6' 10"	6' 7"
12 lb Shot Put	60' 0"	55' 0"
1.6k Discus	180' 0"	165' 0"
Javelin	210' 0"	185' 0"
12 lb Hammer	210' 0"	190' 0"
(25 lb Weight)^	72' 0"	66' 0"
Decathlon	6800 pts	*

Cross Country - Athletes interested in Cross Country will be evaluated on their place at State Championship Meets or higher and must also meet the track and field standards above.

Reaching these standards will not guarantee you an athletic scholarship or a spot on the competition roster. There are many other factors to consider such as: GPA, years of track experience, other sports experience and most importantly scholarship availability and team needs. Please note, scholarships range from \$1,000 and up. Marks must be achieved using FAT results (no hand times or

Each year there are a limited number of scholarships available. These scholarships are divided among Track and Field and Cross Country. The competition for these scholarships is extremely tough. Keep in mind that in addition to high school athletes we consider junior college graduates, transfers, international students and current members of our team.

^ These non-traditional events will be used to gauge improvements and will be used secondarily to traditional events.

* To qualify for a scholarship in the multi-events you must meet standard and scholarship standard in 1 primary event, or walk-on standard in 3 events. To walk on in the multi-events you do not need to have competed in a multi event, but must show potential across more than one event area and meet the walk-on standard in at least one primary event.