

Please use the below listed standards as a general guideline for what it takes to make the roster at Tufts. These marks are not universal – hitting them does **NOT** guarantee you a roster spot or recruiting support, and we may take athletes below the standards who we believe show potential or who meet roster needs. The depth in our recruiting pool varies annually by event.

Event	Men
5K XC	15:20*
3200m	9:20
1600m	4:19
800m	1:54.50
400m	49.0
300 Hurdles	39
400 Hurdles	55
200m	22.2
100m	10.85
110H	14.7
Triple Jump	45'
Long Jump	21'8
High Jump	6'5"
Pole Vault	14'6
Javelin	180'
Shot Put	50'
Discus	155'0

*Cross country marks are HIGHLY subjective. We evaluate times based on context (course difficulty, conditions, competition level, etc). We’re generally familiar with what a competitive time is on courses throughout the country that host major invitationals or state meets, and the time posted here is a VERY rough guideline for an “average” difficulty course. Tullyrunners.com “Speed ratings” in the mid-high 170s or above range tend to align with competitive recruits for us.

We receive a large volume of inquiries about recruitment – if you are not at or close to these standards we unfortunately will not be able to meet with you on campus or initiate recruiting conversations.

Finally, the posted standards are roster standards not recruiting standards. Any inquiries about “walking on” to the team will be held to the same standard. We handle tryouts on a case by case basis, and typically only for athletes that are close to the above marks.