Grambling State University

Track & Field Standards

WOMEN STANDARDS	SCHOLARSHIP	WALK-ON		MEN STANDARDS	SCHOLARSHIP	WALK-ON
EVENT	TIME	TIME		EVENT	TIME	TIME
55M	7.3	7.7		55M	6.3	6.5
60M	7.8	8.1		60M	6.6	6.9
60H	9.3	9.5		60H	7.9	8.3
100M	11.8	12.3		100M	10.6	10.95
100H	14.2	15.3		110H	14.3	14.8
200M	24.8	25.5		200M	21.5	22.2
300H	43	45.5		300H	38.2	39.8
400H	59	62		400H	53	55
400M	55.3	57		400M	48.2	49.5
800M	2:16	2:25		800M	1:55	1:59
MILE	5:15	5:25		MILE	4:20	4:35
3200M	11:10	11:40		3200M	9:40	10:00
LONG JUMP	18'9	18'0		LONG JUMP	23'0	22'0
TRIPLE JUMP	38'50	37'0		TRIPLE JUMP	48'0	46'00
HIGH JUMP	5'5	5'3		HIGH JUMP	6'8	6'5
POLE VAULT	10'0	9'0		POLE VAULT	13'0	11'0
DISCUS	130'00	110'00		DISCUS	160'00	140'00
SHOT PUT	42'00	39'0		SHOT PUT	55'0	49'00
JAVELIN	130'00	110'00		JAVELIN	180'00	165'00

Cross Country Standards

EVENT	TIME	TIME		EVENT	TIME	TIME
3K	18:00	18:50		5K	15:20	16:20

*** The chart above lists performances that will be *considered* for athletic aid.**
*** Meeting the mark on the chart above does not guarantee athletic aid or a position on the team will be granted**
*** Scholarship and Walk-on positions will be handled on an individual basis.**
*** Athletic scholarship may range from 1% to 100%. Achieving standards in multiple events may increase the chance of receiving athletic aid.**
*** Walk-on standards are suggested performance levels in order to project potential to earn a roster spot for season competition.**
*******REACHING POSTED STANDARD WILL NOT *GUARTANTEE* YOU AN ATHLETIC SCHOLARSHIP*******
Please contac t coaching staff and fill out PSA questionnaire to discuss potential interest .

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