Marshall University Track & Field and Cross Country

Scholarship and Walk-on Recruiting Standards

Thank you for your interest in the Herd Track & Field and Cross Country program! We encourage you to browse our website at www.herdzone.com and www.marshall.edu for more information about Marshall University and our Athletic Department.

The standards below are a reference for student-athletes who are interested in competing in collegiate track & field and cross country at Marshall University.

Event	Men: Scholarship	Men: Walk on	Women: Scholarship	Women: Walk On
100	10.5	10.65	11.7	11.90
200	21.4	21.65	24.3	24.60
400	47.9	48.5	56.3	57.2
800	1:52	1:54	2:12	2:15
1600	4:16	4:22	5:05	5:15
3200	9:17	9:30	11:05	11:20
110/100h	14.0	14.35	14.0	14.3
300h	37.4	37.75	43.2	43.6
Long Jump	23’8	23'2"	19'2	18’8
High Jump	6’10	6’8	5’7	5’6
Triple Jump	50'0	49’0	40'0	38’6
Pole Vault	16’6	16'0	13'0	12’6
Shot Put	60'0	57’0	43’0	40’0
Discus Throw	180’0	175’0	140’0	130’0
Javelin Throw	185’0	170’0	134’0	125’0
Hammer Throw	190’0	180’0	167’3	160’0
Weight Throw	60’6	58’0	55’7	53’0

Please note that these standards do not guarantee a student-athlete a scholarship or a spot on the roster. These are merely baseline standards that our coaching staff uses when determining our recruiting guidelines. We are aware that other intangibles and factors need to be considered when recruiting. Therefore, our staff has discretion to decide who to recruit regardless of performance. Please feel free to reach out to our coaching staff for more information.