RECRUITING STANDARDS

JAX STATE CROSS COUNTY / WOMEN'S TRACK & FIELD

TARGET RECRUIT

100m	11.55
200m	23.65
400m	54.50
800m	2:09
1500m/1600m	4:25/4:45
3200m/5k	10:50/17:25
100mH	13.70
400mH/300mH	60.00/42.90
High Jump	1.75m
Long Jump	6.00m
Triple Jump	12.25m
Heptathlon	5000

ROSTER CONSIDERATION

100m	11.90
200m	24.40
400m	55.70
800m	2:13
1500m/1600m	4:42/5:05
3200m/5k	11:20/18:10
100mH	14.30
400mH/300mH	62.00/44.25
High Jump	1.67m
Long Jump	5.80m
Triple Jump	11.70m
Heptathlon	4600

MEN'S XC TARGET RECRUIT

3k/3200m	8:15/8:50
5k	14:35
10k	30:30

MEN'S XC ROSTER CONSIDERATION

3k/3200m	8:40/9:16
5k	15:40

Attaining the above marks does not guarantee scholarship. Scholarship opportunities are determined by the coaching staff based on a variety of factors, including consistency of performance, potential for development, team needs, GPA,and overall fit within the program.