LINDENWOOD UNIVERSITY TRACK & FIELD RECRUITING STANDARDS

Event	Time
100	12.15
100H	14.47
200	24.70
400	57.39
400H	66.08
800	2:20
1600	5:25
3200	11:00
5000	19:00
High Jump	1.60m
Pole Vault	3.50m
Long Jump	5.55m
Triple Jump	11.55m
Shot Put	12.64m
Discus	40.82m
Javelin	34.31m

**Note: If you hit these standards or are close, please reach out to Coach Kregel at kkregel@lindenwood.edu to be considered for roster spots or scholarship opportunities.

Please keep in mind there are many other variables that are considered for roster spots and scholarships such as scholarship availability, needs of the program, GPA, and acceptance to Lindenwood University.