MERCER TF/XC WOMEN'S STANDARDS

Greetings all! Thank you for your interest in the Mercer Track & Field /Cross Country Program. Listed below are performance times that we look for when considering an athlete for athletic aid or a spot on the roster as a walk-on. If you have met the scholarship or walk-on standards below, we encourage you to contact us.

- Athletes keep in mind that these standards are not set in stone!
- Athletes that are close to the performances listed are encouraged to contact us, as we base our recruiting on team needs
- Also, be mindful that achieving standards in multiple events may increase your chance of receiving athletic aid!

All sprint/hurdle events must be Fully Automatic Timing

Thank you and Go Bears!
-Coach Wims

Event	Athletic Aid Consideration	Walk-On Standard	Last SoCon Final Qualifier 2017
100m	12.25	12.80	12.08
200m	25.55	26.50	24.92
400m	57.00	1:00.00	58.15
800m	2:16	2:20	2:16.40
1600m	5:08	5:19	N/A
3200m	11:05	11:25	N/A
5000m	18:30	19:15	18.17.96 (8th Place - 2017)
100H	14.50	15.00	14.88
300H	44.70	47.50	N/A
400H	1:03.50	1:06.50	1:06.00
Long Jump	5.50m (18')	5.05m (16' 5")	5.30m (17'3")
Triple Jump	11.89m (39")	11.28m (37")	11.53m (37'10")
High Jump	1.58m (5'2")	1.53m (5')	1.53m (5')
Pole Vault	3.20m (10'6")	2.87m (9'5")	3.21m (10'6")
Shot Put	12.19m (40')	10.66m (35')	11.42m (37'5")
Discus	37.18m (122')	30.48m (100')	36.05m (118'3")
Hammer	38.10m (125')	35.05m (115')	39.20m (128'7")
Javelin	32.00m (105')	30.48m (100')	32.08m (105'3")
Heptathlon	4800	4000	3913 (6th Place - 2017)

TRACK & FIELD | CROSS COUNTRY