

# MICHIGAN<sup>®</sup>

## Men's Recruiting Standards

|                 | Target Recruits | Roster Consideration | 2025 Top B1G Marks            |
|-----------------|-----------------|----------------------|-------------------------------|
| 100m            | 10.25           | 10.55                | 9.91 (2.1)/9.94 (1.1)         |
| 200m            | 20.70           | 21.35                | 19.85 (1.1)                   |
| 400m            | 46.10           | 47.70                | 44.73                         |
| 800m            | 1:49.5          | 1:52.5               | 1:44.49                       |
| 1500m           | 3:46.0          | 3:53.0               | 3:34.57                       |
| 1600m           | 4:03.0          | 4:10.0               | 3:50.74i (mile)               |
| 3000m           | 8:12.0          | 8:29.0               | 7:40.09i                      |
| 3200m           | 8:48.0          | 9:06.0               | 13:31.87 (5k)                 |
| 110mH           | 13.65           | 14.20                | 13.24 (5.2)/13.36 (1.5) *42in |
| 300mH           | 36.50           | 37.30                |                               |
| 400mH           | 51.00           | 52.20                | 49.04 *36in                   |
| High Jump       | 7'2" (2.18m)    | 6'9" (2.06m)         | 7'4.5" (2.25m)                |
| Pole Vault      | 17' (5.18m)     | 15'8" (4.78m)        | 18'9.25" (5.73m)              |
| Long Jump       | 25' (7.62m)     | 23'1" (7.04m)        | 26'3.75" (8.02m)              |
| Triple Jump     | 51'6" (15.70m)  | 47'6" (14.48m)       | 54'3.25" (16.54m)             |
| Shot Put (12lb) | 65'6" (19.96m)  | 60'0" (18.29m)       | 71'1.5" (21.37m) *16lb        |
| Discus (1.6kg)  | 205' (62.48m)   | 180' (54.86m)        | 207'8" (63.31m) *2kg          |
| Hammer (12lb)   | 230' (70.10m)   | 200' (60.96m)        | 257'11" (78.61m) *16lb        |
| Javelin (800g)  | 230' (70.10m)   | 210' (64.01m)        | 265'9" (81.01m) *800kg        |
| Decathlon       | 7800            | 6600                 | 8265                          |

The marks listed above are to give guidance to recruits and coaches on the standards required to be considered for rosters positions and/or scholarships

These marks are targets for Junior year of high school

Attaining these marks does not guarantee athletic scholarships or roster positions on the University of Michigan Track & Field Team

Scholarships can range in value from 1-100%

Factors considered in awarding athletic scholarships: scholarships availability, current roster strengths/needs, academic performance, wind legal performances (FAT), experience, competition background/performance



T H E L E A D E R S A N D B E S T