

MICHIGAN®

Women's Recruiting Standards

	Target Recruits	Roster Consideration	2025 Top B1G Marks
100m	11.35	11.80	10.91 (2.2)/10.93 (1.6)
200m	23.20	24.10	22.16 (0.9)
400m	53.10	55.00	50.78
800m	2:04.5	2:10.0	2:00.51
1500m	4:21.0	4:30.0	4:03.26
1600m	4:40.0	4:50.0	4:23.46i (mile)
3000m	9:24.0	9:47.0	8:46.20i
3200m	10:05.0	10:30.0	15:23.42 (5k)
100mH	13.45	13.80	12.71 (1.5)
300mH	41.50	42.70	
400mH	58.00	59.80	52.46
High Jump	6'0" (1.83m)	5'8" (1.73m)	6'4" (1.93m)
Pole Vault	14'0" (4.27m)	13'0" (3.96m)	15'8.5" (4.79m)
Long Jump	20'6" (6.25m)	19'6" (5.94m)	22'1" (6.73m)
Triple Jump	42'0" (12.80m)	40'6" (12.34m)	44'10.25" (13.55m)
Shot Put	50'0" (15.24m)	47'0" (14.34m)	62'1" (18.92m)
Discus	170' (51.82m)	155' (47.42m)	192'9" (58.75m)
Hammer	195' (59.44m)	175' (53.34m)	229'2" (69.85m)
Javelin	170' (51.82m)	150' (45.72m)	193'11" (59.12m)
Heptathlon	5300	4875	5928

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

