Thank you for your interest in the Track & Field/Cross Country program here at Northern Arizona University. Below are marks that serve as a general guideline for scholarship and walk-on standards. Should you meet one of the marks, feel free to contact the coach in your respective event area. Please fill out our online recruiting questionnaire at:

http://college.jumpforward.com/questionnaire.aspx?iid=488&sportid=56

Please be aware that per NCAA rules, coaches cannot speak with prospective student-athletes before July 1st of their senior year. Also, due to the large number of emails, letters and phone calls, we are not able to answer every inquiry.

Thank you and best of luck during your season,

Michael Smith
Director of Track & Field/Cross Country
Northern Arizona University

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	Top Recruits	Scholarship Consideration	Walk-On Standard	Top Recruits	Scholarship Consideration	Walk-On Standard
Event	**Women**	**Women**	**Women**	**Men**	**Men**	**Men**
100m	11.80	12.10	12.40	10.5	10.75	11.0
200m	24.3	24.75	25.5	21.3	21.7	22.2
400m	56.00	57.50	59.00	47.7	48.5	49.5
800m	2:10.00	2:15.00	2:19.00	1:49	1:52	1:56
1600m	4:55	5:04	5:15	4:05	4:12	4:20
3200m	10:40	10:55	11:20	8:55	9:10	9:20
100H	14.20	14.70	15.00	13.9	14.3	15.00
300H	44.25	45.00	46.00	37.8	38.5	39.0
400H	60.00	62.70	64.00	52.5	54.5	56.5
HJ	5'8"	5'5"	5'3"	6'10"	6'8"	6'5"
PV	13'0"	12'6"	11'1.75"	16'	15'5"	15'
LJ	20'0"	19'0"	17'10"	23'10	23'	22'
TJ	40'00	38'6	37'0"	48'6	47'	46'
SP	47'	44'	37'	58'	54'	50'
DT	143'	136'	125'	185'	175'	150'
HT						
JT	140'	130'	120'	210'	190'	175'
HEP/DEC						