Norfolk State Track & Field Standards

Women 2023-24

Event	Target Times	Scholarship Standard	Walk-On Standard
100	11.50	11.75	11.90
200	23.60	24.45	25.20
400	53.60	55.50	57.90
800	2:08.00	2:12.00	2:19.00
1600	5:00	5:02	5:20.00
3200	10:40.00	11:00.00	11:40.00
100HH	13.60	14.00	14.89
300IH	42.30	43.10	44.50
400IH	58.00	1:00.50	1:02.00
LJ	20' 05"	19' 00"	18' 00"
TJ	42' 00"	39'0"	11.50M
PV	13' 00"	11' 00"	10' 00"
HJ	6' 00"	5' 06"	5' 4"
SP	14.00m	13.80M	12.00M
DT	50m	140' 00"	120' 00"
JV	45M	145' 00"	125" 00"
HT	60m	155' 00"	140' 00"
Multi	TBD	TBD	TBD

"The chart above lists athletic performances that will be considered for athletic aid.

- Athletic scholarships may range from 1% to 100%. Achieving standards in multiple events may increase the chance of miring athletic aid. Achieving a standard does not automatically guarantee scholarship as scholarships awards are based upon our immediate need and scholarship $$ availability.
- Sprint/Hurdle times must be electronic timing (FAT). No hand times will be accepted.

July 25, 2023, updated.