Thank you for your interest in the Ole Miss Track & Field/Cross Country program. We encourage you to browse our website/social media platforms for more information about our program. Please be sure to review our scholarship and walk-on standards found below. Feel free to contact our recruiting coordinator if you need further information.

GO REBELS!

Ole Miss Track & Field Athletic Standards for Scholarship and Walk-on Consideration**

Event	**Target Recruits MEN**	Scholarship Standard MEN	Walk-on Standard MEN	**Target Recruits WOMEN**	Scholarship Standard WOMEN	Walk-on Standard WOMEN
100m	10.15	10.30	10.50	11.25	11.50	11.70
200m	20.60	21.00	21.50	22.90	23.50	23.95
400m	46.00	46.50	48.00	52.50	53.50	54.50
800m	1:48	1:50	1:52	2:06	2:10	2:15
1600m	4:02	4:05	4:12	4:45	4:51	5:05
3200m	8:53	9:00	9:10	10:18	10:30	11:00
100/110H	13.56	13.70	14.00	13.25	13.50	13.80
400H	51.00	52.80	54.00	58.00	59.00	60.00
LJ	25’05	23’10	23’	20’3	19’	18’
TH	50’	48’	47’	42’	40’	38’
PV	17’	16’8	16’	13’5	13’4	12’6
HJ	7’2	6’8	6’7	5’10	5’8	5’6
SP	70’	67’	63’	55’	52’	45’
DS	205’	195’	185’	175’	165’	140’
JAV	225’	210’	190’	155’	150’	135’
HAM	240’	225’	200’	205’	190’	160’

**Each year there are a limited number of scholarships and roster spaces available, and left to the discretion of each event coach in agreement with the head coach. Please keep in mind that scholarship and roster space is extremely competitive to obtain. In addition to high school athletes, we also consider junior college graduates, transfers, international student-athletes and current members of our team.