2017 Oregon State Walk-on Standards

Below are the preliminary standards necessary to be considered to walk-on at Oregon State University.

The coaching staff reserves the right to subjectively accept walk-ons based on a number of additional criteria. Athletes who have met, or are close to the standards below will be evaluated in other ways they can contribute to the team.

For example: Current OSU roster size is a prime standard, competing in multiple events, GPA, leadership qualities, extracurricular activities, etc. will all be taken into account. In the fall of 2016 we did offer a one day walk on tryout in the month of September. We will follow this in the future on a year-to-year basis.

To be invited to any walk-on tryouts and individuals personal best must be at or close to the standards listed below. High school cross country times are normally not something we look at since every HS cross country course is different and the accuracy of the distances are never truly known.

We will consider overall placing at the high school state cross country meets and traditional high school Invites that are easy to compare results historically. Because we daily receive inquiries please submit links to official results that include personal best times, heights and distances.

Continued best wishes!

LONG JUMP: 18'6
TRIPLE JUMP: 38'6
HIGH JUMP: 5'7"
POLE VAULT: 12'0"
JAVELIN: 140'
SHOT PUT: 44'
DISCUS: 140'
HAMMER: 150'
HEPTATHLON: 4,600 points
100 METERS: 12.00
200 METERS: 24.50
400 METERS: 56.50
800 METERS: 2:14.00
1500 METERS: 4:40.00
1600 METERS: 5:00.00
3000 METERS: 10:15.00
3200 METERS: 11:00.00
100 HURDLES: 14.50
300 HURDLES: 43.50