

Penn State Harrisburg Men

Track & Field and Cross Country Recruiting Standards 2025-26

Event	Recruit	Walk On
60m	7.22	7.80
100m	11.22	11.80
200m	23.05	24.40
400m	52.25	55.10
800m	2:02	2:12
1600m	4:45	5:05
3200m	10:20	11:18
5K XC	17:30	18:45
110m H	15.42	16.41
300m H	42.49	44.98
Discus	145'0"	130'
Shot Put	47'5"	42'6"
Javelin	155'0"	138'
Long Jump	21'	19'5"
Triple Jump	42'5"	40'4"
High Jump	6'2"	5'10"
Pole Vault	12'6"	11'

