

Penn State Harrisburg Women

Track & Field and Cross Country Recruiting Standards* 2025-26

Event	Recruit	Walk On
60m	8.62	9.37
100m	12.96	14.55
200m	27.51	28.80
400m	1:03	1:10
800m	2:32	2:44
1600m	5:47	6:15
3200m	12:38	12:58
5K XC	21:15	24:05
110m H	16.78	17.82
300m H	48.68	50.49
Discus	100'	82'
Shot Put	32'5"	28'6"
Javelin	101'0"	78'6"
Long Jump	15'4"	14'2"
Triple Jump	32'	29'5"
High Jump	4'10"	4'6"
Pole Vault	10'	8'

