Rutgers University

Men's and Women's XC/Track & Field
Scholarship & Walk On Standards

Important Considerations for Scholarship and Roster Spot Offers

Scholarship availability varies every year depending on graduations of previous year
Each year may vary depending on team strengths and current needs
Competing and meeting the standards in multiple events increases the potential for aid
All sprint and hurdle times must be FAT / Hand times will not be considered
Academic performance is a critical aspect of consideration
Performances at State & National Championship are evaluated
Consistency at standard is heavily favored
Coaching staff's evaluation of potential development is highly considered
Integrety, character, values, leadership skills and priortization on team success are critical

Events	Roster Spot Consideration (Men)	Consider for full athletic aid (Men)	Roster Spot Consideration (Women)	Consider for full athletic aid (Women)	2025 Top Big Ten Mark (Men)	2025 Top Big Ten Mark (Women)
55m	6.38	6.20	7.05	6.88	**6.46 (60m)**	**7.09 (60m)**
100m	10.65	10.35	11.80	11.45	**9.91**	**10.93**
200m	21.25	20.75	24.20	23.50	**19.85**	**22.16**
400m	47.90	46.20	55.30	53.50	**44.73**	**50.78**
800m	1:53.50	1:49.00	2:13.00	2:06.50	**1:44.49**	**2:00.51**
1500m	3:58.00	3:45.00	4:44.00	4:20.00	**3:34.57**	**4:03.26**
Mile	4:16.00	4:04.00	4:58.00	4:42.00	**3:50.74**	**4:23.46**
3200m	9:15.00	8:45.00	10:50.00	10:10.00	**8:14.00 (3000m)**	**9:24.98 (3000m)**
5000m	14:55.00	14:00.00	17:45.00	16:15.00	**13:31.87 (5k)**	**15:23.42 (5k)**
55mH	7.70	7.09	8.26	7.79	**7.43 (60mH)**	**7.91 (60mH)**
110mH	14.10 *39inch	13.60 *39inch	13.90	13.50	**13.36 (42 inch)**	**12.71**
400IH	52.50	51.00	61.00	58.00	**49.04**	**52.46**
High Jump	6' 8" (2.01m)	7' 1" (2.16m)	5' 7" (1.70m)	5' 10" (1.78m)	**7' 4.5 (2.25m)**	**6'4" (1.93m)**
Pole Vault	16' 1" (4.91m)	17' 4" (5.28m)	13' 1" (4.00m)	14' 0" (4.26m)	**18' 9.25" (5.73m)**	**15' 8.5" (4.79m)**
Long Jump	23' 6" (7.16m)	25' 1" (7.65m)	19' 0" (5.80m)	20' 6" (6.25m)	**26' 3.75" (8.02m)**	**22'1" (6.73m)**
Triple Jump	48' 6" (14.78m)	51' 0" (15.54m)	40' 0" (12.20m)	42' 0" (12.80m)	**54' 3.25" (16.54)**	**44'10.25" (13.55m)**
Shot Put (12lb)	58' 6" (17.83m)	65' 0" (19.81m)	44' 6" (13.56m)	50' 0" (15.24m)	**71' 1.5" (21.37m) *16lb**	**62' 1" (18.92m)**
Discus (1.6k)	176' 0" (53.64m)	200' 0" (60.96m)	135' 0" (41.15m)	170' 0" (51.81m)	**207' 8" (63.31m) *2kg**	**192' 9" (58.75m)**
Javelin (800g)	200' 0" (60.96m)	225' 0" (68.58m)	135' 0" (41.15m)	160' 0" (48.77m)	**265'9" (81.01m) *800kg**	**193' 11" (59.12m)**
Hammer (12lb)	200' 0" (60.96m)	225' 0" (68.58m)	140' 0" (42.67m)	180' 0" (54.86m)	**257' 11" (78.61) *16lb**	**229'2" (69.85)**