



Men's Recruiting Guidelines

Event	Target Recruits	Roster Consideration	2026 Top MAC Marks
55m	6.33	6.47	
60m	6.80	6.95	6.64
100m	10.50	10.70	10.32
200m	21.40	21.80	20.70
300m	34.90	35.65	
400m	47.50	48.50	46.22
600m	1:22.00	1:23.50	
800m	1:51.00	1:53.00	1:48.98
1000m	2:29.00	2:32.00	
1500m/1600m	3:52.00/4:09.00	3:58.00/4:15.00	3:39.87
3000/3200m	8:35/9:13	8:45/9:23	8:02.76i
3000m Steeple Chase	9:10.00	9:20.00	8:45.20
55H	7.43	7.71	
60H	8.00	8.30	7.76
110H	14.00	14.20	13.72(42")
300H	37.00	38.50	
400H	53.00	54.00	51.81
High Jump	6'9.5"/2.07m	6'6.75"/2.00m	6'8.75"/2.05m
Pole Vault	16'0.75"/4.90m	15'9"/4.70m	17'3.5"/5.27m
Long Jump	23'7.5"/7.20m	23'00"/7.01m	25'6"/7.77m
Triple Jump	48'6"/14.78m	47'3"/14.40m	51'0.75"/15.56m
Shot (12lb/5.44kg)	58'6"/17.83m	54'06"/16.61m	62'1"/18.92m (16lb)
Discus (3.5lb/1.6kg)	175'00"/53.34m	155'9.5"/47.50m	189'11"/57.90m (2kg)
WT (25 lb/11.4kg)	73'00"/22.25m	67'00"/20.40m	68'3.25"/20.81m(35lb)
Hammer (12 lb/5.44kg)	190'00"/57.91m	165'00"/50.29m	220'2"/67.12m(16lb)
Javelin (800g)	200'00"/60.90m	185'00"/56.40m	208'7"/63.58m
Dec/Hept/Pent	6000/4350/4000	5500/4000/3500	7126(Dec)/5734(Hept)

- The marks listed above are to give guidance to recruits and coaches on the standards required to be considered for rosters positions and/or scholarships.
- Demonstrated consistency of performance is important.
- These marks are targets for Junior year of high school. Performances must be verifiable meet results, electronic timing (FAT), and wind legal.
- Attaining these marks does not guarantee athletic scholarships or roster positions.
- Athletic scholarships may range from 1% to 100%. Achieving standards in multiple events may increase the chance of receiving athletic aid.
- Factors considered in awarding athletic scholarship or potential roster position include availability of funds, current roster needs, wind legal performances (FAT), event versatility, experience, and academic performance.