

UCONN Track and Field Walk-on/Recruiting Standards

Women			Men		
Event	Walk-On	Recruitment	Event	Walk-on	Recruitment
55m	7.28	7.14	55m	6.46	6.40
60m	7.85	7.70	60m	6.95	6.88
100m	12.10	11.90	100m	10.95	10.70
200m	24.80	24.50	200m	21.80	21.45
400m	57.00	55.80	400m	49.00	48.20
800m	2:15.0	2:13.0	800m	1:56.0	1:52.0
Mile	5:05.0	4:55.0	Mile	4:20.0	4:14.0
3000m	10:25.0	9:55.0	3000m	8:38.0	8:25.0
2 Mile	11:05.0	10:35.0	2 Mile	9:25.0	9:10.0
55m Hurdles	8.37	8.18	55m Hurdles	7.80	7.61
60m Hurdles	9.00	8.80	60m Hurdles	8.40	8.20
100m Hurdles	14.50	14.25	110m Hurdles	14.55	14.30
400m Hurdles	64.00	62.00	400m Hurdles	56.00	54.50
High Jump	5'5 (1.65m)	5'8 (1.73m)	High Jump	6'4 (1.95m)	6'8 (2.04m)
Pole Vault	11'6 (3.50m)	12'6 (3.81m)	Pole Vault	14'10 (4.52m)	15'9 (4.90m)
Long Jump	18-4 (5.60m)	19-0 (5.80m)	Long Jump	22-10 (6.96m)	23-5 (7.14m)
Triple Jump	38-0 (11.60m)	39-5 (12.00m)	Triple Jump	46-0 (14.02m)	48-0 (14.63m)
Shot Put	39-0.5 (11.90m)	45-0 (13.71m)	Shot Put	53-0 (16.15m)	60-0 (18.28m)
Weight Throw	49-2.5 (12.65m)	59-0.75 (18.00m)	Weight Throw	55-9.25(17.00m)	62-4 (19.00m)
Hammer Throw	131-0 (39.92m)	177-2 (54.00m)	Hammer Throw	164-0 (49.98m)	196-10 (59.99m)
Discus Throw	131-3 (40.00m)	147-7 (45.00m)	Discus Throw	164-0 (50.00m)	180-0 (54.86m)
Javelin Throw	130-0 (39.62m)	147-7 (45.00m)	Javelin Throw	180-0 (54.86m)	196-10 (60.00m)

est. 2021

