MARYLAND
TRACK & FIELD

Roster Spot Guidelines

Men				Women		
Walk On	Scholarship (partial)	Target	Event	Target	Scholarship (partial)	Walk on
10.75	10.50	10.30	100M	11.40	11.70	11.95
21.75	21.40	21.00	200M	23.30	23.80	24.75
48.50	47.50	46.00	400M	53.00	54.50	57.00
1:54.00	1:52.50	1:50.00	800M	2:07.00	2:10.00	2:15.00
3:59.00	3:53.00	3:47.00	1500M	4:26.00	4:30.00	4:40.00
4:16.00	4:10.00	4:04.00	Mile	4:43.00	4:51.00	5:00.00
8:40.00	8:35.00	8:20.00	3000M	9:30.00	9:50.00	10:15.00
9:05.00	8:59.00	8:52.00	3200M	10:15.00	10:30.00	10:55.00
14.75	14.25	13.70	110H/100H	13.40	13.65	14.50
54.75	53.50	51.50	400MH	57.50	59.00	1:02
6’7”	6’10”	7’1”	High Jump	5’11”	5’8”	5’5”
15’8”	16’6”	17’2”	Pole Vault	13’6”	12’8”	11’6
23’	24’	25’	Long Jump	20’	19’6”	18’6”
47’	49’	51’	Triple Jump	41’	39’	38’
58’	61’	65’	Shot Put	48’	46’	43’
180’	190’	200’	Discus	175’	165’	140’
180’	200’	225’	Javelin	165’	150’	135’
185’	200’	215’	Hammer	200’	185’	165’
64’	67’	70’	Weight	65’	60’	55’
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This chart serves as a guideline for the athletic standards that we are looking for in our program. Meeting these posted standards will not guarantee you an athletic scholarship or a spot on the team. Many other variables such as admissions, scholarship availability, and team needs are considered. Scholarships can range in value from 1% to 100%.