



# TROJANS

## Track & Field

### 2023-24 Recruiting Standards – WOMEN

This chart is an indicator of the caliber of athlete that we look for at the University of Southern California. However, scholarships may be awarded to athletes who do not fit the criteria below pending the coach's discretion. If you have any questions please feel free to contact us by e-mail at [nathanc8@usc.edu](mailto:nathanc8@usc.edu).

Event	Considered For Athletic Aid	Invited Walk-On
100m	11.35	11.80
200m	23.20	24.20
400m	53.20	55.00
800m	2:06.00	2:13.00
1500m	4:23.00	4:41.00
1600m	4:43.00	5:00.00
3200m	10:10.00	11:00.00
100m hurdles	13.20	13.90
300m hurdles	41.70	43.00
400m hurdles	57.00	60.00
High Jump	6' ¾" (1.85m)	5'8" (1.73m)
Long Jump	20'6" (6.25m)	19'0" (5.80m)
Triple Jump	42' 8" (13.00m)	40'0" (12.20m)
Weight Throw	62'6" (19.05m)	55'0" (16.76m)
Shot Put	50'0" (16.15m)	43'0" (13.10m)
Discus	170'0" (51.81m)	140'0" (42.67m)
Javelin	165'0" (50.29m)	140'0" (42.67m)
Hammer	210'0" (64.00m)	180'0" (54.86m)
Pole Vault	13'6" (4.11m)	12'6" (3.85m)
Heptathlon	5600pts	5350pts

## FIGHT ON!