TROJANS

Track & Field

2025-26 Recruiting Standards – MEN

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.

Event	Considered For Athletic Aid	Invited Walk-On
100m	10.20	10.50
200m	20.75	21.35
400m	45.80	46.80
800m	1:48.00	1:54.00
1500m	3:47.00	3:59.00
1600m	4:04.00	4:17.00
3200m	8:52.00	9:15.00
110m hurdles	13.45	13.90
300m hurdles	36.30	37.10
400m hurdles	51.00	52.50
High Jump	7'2 ½ " (2.20m)	6'9" (2.06m)
Long Jump	25'5" (7.75m)	23'5" (7.16m)
Triple Jump	51'3" (15.62m)	480" (14.64m)
Shot Put (12lb)	65'0" (19.81m)	57'0" (17.37m)
Discus (1.6k)	200'0" (60.96m)	180'0" (54.86m)
Javelin (800g)	230'0" (70.10m)	200'0" (60.96m)
Hammer (12lb)	235'0" (71.62m)	200'0" (60.96m)
Pole Vault	17'3" (5.26m)	15'5" (4.70m)

FIGHT ON!