Recruiting Standards (Updated June 2025)

Men's Track	SCHOLARSHIP	TARGET RECRUIT
100m	10.45	10.35
200m	21.30	20.90
400m	46.99	46.30
800m	1:50	1:49
1500m/1600m	3:45/4:05	3:40/4:00
3000m/3200m	8:20/8:55	8:10/8:45
3000m Steeplechase	8:50	8:45
110m Hurdles 39"/42"	13.75/14.10	13.50/13.70
300m/400m Hurdles	37.40/52.00	36.99/50.99
Long Jump	7.35m (24'1.5")	7.55m (24'9.25")
Triple Jump	15.25m (50')	15.40m (50'6.25")
High Jump	2.10m (6'10.75")	2.14m (7'0.25")
Pole Vault	5.10m (16'8.75")	5.35m (17'6.5")
Shot Put	18.30m (60'0.5")	19.00m (62'3.5")
Discus	55.00m (180'5.25")	58.00m (190'3.75")
Javelin	63.00m (206'8.25")	69.00m (226'4.5")
Hammer	62.00m (203'5")	65.00m (213'3")
Weight Throw	19.00m (62'3.5")	20.00m (65'7.5")
Decathlon	7000	7400

*Multiple factors are considered for athletic scholarship, including scholarship availability, GPA, wind legal marks, and team needs.

Women's Track	SCHOLARSHIP	TARGET RECRUIT
100m	11.70	11.40
200m	24.1	23.5
400m	54.5	53
800m	2:10	2:08
1500m/1600m	4:30/4:55	4:20/4:45
3000m/3200m	10:00/10:40	9:40/10:20
3000m Steeplechase	10:30	10:20
100m Hurdles	13.9	13.5
300m/400m Hurdles	42.00/1:01	41.70/58.90
Long Jump	6.00m (19'8.25")	6.20m (20'4")
Triple Jump	12.35m (40'6")	12.80m (42')
High Jump	1.73m (5'8")	1.80m (5'10.75")
Pole Vault	3.95m (12'11.5")	4.20m (13'9.25")
Shot Put	14.50m (47'7")	15.50m (50'10.25")
Discus	48.80m (160'10")	52.00m (170'6")
Javelin	46.00m (150')	51.90m (170'3")
Hammer	57.00m (187')	62.00m (203'6")
Weight Throw	18.00m (59')	19.00m (62'4")
Heptathlon	5000	5400

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