# Wesleyan Cross Country / Track and Field Recruiting Standards

***Reaching the posted standards does not guarantee you a spot on the team.*** There are many variables that must be considered, including academic schedule, team event needs, commitment to multiple seasons of competition, "positive effect and attitude", coaches discretion, etc. in order to be considered and added to the team roster.

## Women

| Event | Target Recruits | | Walk-On Standard | |
|---|---|---|---|---|
| **55m** | 7.69 | | 7.92 | |
| **60m** | 8.25 | | 8.50 | |
| **100m** | 12.80 | | 13.20 | |
| **200m** | 26.50 | | 27.90 | |
| **400m** | 59.00 | | 63.00 | |
| **600m** | 1:41.50 | | | |
| **800m** | 2:20.00 | | | |
| **1000m** | 3:04.00 | | | |
| **1500m** | 5:00.00 | | | |
| **1600m** | 5:16.74 | | | |
| **Mile** | 5:18.60 | | | |
| **3000m** | 10:29.61 | | | |
| **3200m** | 11:16.06 | | | |
| **2 Mile** | 11:20.00 | | | |
| **5k (XC)** | 19:05.0 | | | |
| **55m Hurdles** | 9.13 | | 9.60 | |
| **60m Hurdles** | 9.80 | | 10.30 | |
| **100m Hurdles** | 15.50 | | 17.00 | |
| **300m Hurdles** | 45.50 | | 48.00 | |
| **400m Hurdles** | 65.50 | | 72.00 | |
| **2k Steeplechase** | 7:50.0 | | | |
| **3k Steeplechase** | 11:45.0 | | | |
| **High Jump** | 5'2 | 1.57m | 4'7 | 1.40m |
| **Pole Vault** | 10'0 | 3.05m | 9'0 | 2.74m |
| **Long Jump** | 18-0 | 5.49m | 16-0 | 4.88m |
| **Triple Jump** | 36-0 | 10.97m | 32-6 | 9.91m |
| **Shot Put** | 36-0 (HS Shot) | 10.97m (HS Shot) | 32-0 (HS Shot) | 9.75m (HS Shot) |
| **Weight Throw** | 47-6 | 14.48m | 45-6 | 13.87m |
| **Hammer Throw** | 135-0 | 41.14m | 100-0 | 30.48m |
| **Discus Throw** | 120-0 | 36.58m | 90-0 | 27.43m |
| **Javelin Throw** | 120-0 | 36.58m | 85-0 | 25.90m |
| **Pent (Indoor)** | Dependent on marks in each of the combined events. | | | |
| **Hept (Outdoor)** | | | | |

## Men

| Event | Recruitment | | Walk-On Standard | |
|---|---|---|---|---|
| **55m** | 6.76 | | 6.99 | |
| **60m** | 7.25 | | 7.50 | |
| **100m** | 11.20 | | 11.80 | |
| **200m** | 22.90 | | 23.90 | |
| **400m** | 50.00 | | 52.40 | |
| **600m** | 1:26.4 | | | |
| **800m** | 1:57.00 | | | |
| **1000m** | 2:34.00 | | | |
| **1500m** | 4:05.00 | | | |
| **1600m** | 4:23.00 | | | |
| **Mile** | 4:24.50 | | | |
| **3000m** | 8:55.56 | | | |
| **3200m** | 9:31.67 | | | |
| **2 Mile** | 9:35.00 | | | |
| **5k (XC)** | 16:05.00 | | | |
| **55m Hurdles** | 8.20 (HS Height) | | 8.67 (HS Height) | |
| **60m Hurdles** | 8.80 (HS Height) | | 9.30 (HS Height) | |
| **110m Hurdles** | 15.50 (HS Height) | | 16.50 (HS Height) | |
| **300m Hurdles** | 39.00 | | 41.80 | |
| **400m Hurdles** | 56.50 | | 60.50 | |
| **2k Steeplechase** | 6:22.0 | | | |
| **3k Steeplechase** | 9:35.0 | | | |
| **High Jump** | 6'0 | 1.83m | 5'8 | 1.73m |
| **Pole Vault** | 13'0 | 3.96m | 12'0 | 3.66m |
| **Long Jump** | 21-0 | 6.40m | 19-0 | 5.79m |
| **Triple Jump** | 43-0 | 13.11m | 39-6 | 12.04m |
| **Shot Put** | 46-0 (HS Shot) | 14.02m (HS Shot) | 41-0 (HS Shot) | 12.50m (HS Shot) |
| **Weight Throw** | 55-6 | 16.92m | 52-8 | 16.05m |
| **Hammer Throw** | 135-0 | 41.15m | 115-0 | 35.05m |
| **Discus Throw** | 140-0 | 42.67m | 115-0 | 35.05m |
| **Javelin Throw** | 150-0 | 45.72m | 130-0 | 39.62m |
| **Hept (Indoor)** | Dependent on marks in each of the combined events. | | | |
| **Dec (Outdoor)** | | | | |

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