WOFFORD
CROSS COUNTRY
TRACK & FIELD

WALK-ON STANDARDS

Walk-on standards are minimum marks for high school athletes to be considered to walk-on, these marks are guidelines and not an absolute cut-off.

Athletes hoping to receive athletic scholarship should refer to the Southern Conference results on tfrrs.org. Athletes with marks that will be competitive at the conference level (top 8-10 in your event) would be considered for athletic scholarship.

Event	Men	Women
100m	11.2	12.8
200m	22.8	27.2
400m	52.0	1:03
800m	2:02	2:30
1500m	4:15	5:20
1600m	4:30	5:35
3200m	10:20	12:30
110mH/100mH	15.8	16.0
300mH/400mH	43.0/59.0	49.0/1:09
High Jump	6'0"	4'8"
Long Jump	20'0"	16'0"
Triple Jump	43"0"	33'6"
Pole Vault	13'6"	9'6"
Shot Put	44'0"	32'0"
Discus	115'0"	100'0"
Javelin	130'0"	90'0"
Hammer	130'0"	100'0"
Heptathlon	N/A	2300
Decathlon	4500	N/A
5K, cross country	17:20	20:30