University of The Incarnate Word Recruiting Standards

2026-2027

	Walk-on Standard	Scholarship Standard
Men		
100m	10.7	10.4
200m	21.7	21.4
400m	48.6	47.6
110h 39'' hurdle	14.50	14.20
300mh 36'' hurdle	39.0	38.0
800m	1:54	1:52
1600m	4:23	4:17
3200m	9:35	9:15
5k	15:40	15:10
2k Steeple	6:25	6:10
long jump	23’	23’9
triple jump	46'	47’11"
high jump	6'6”	6'8”
pole vault	15’	16’
shot put 12lbs shot	54'	57'
discus 1.6kg	160’	175’
javelin (800 gram)	170’	180’
combined events (Dec)	6000	TBD
Women		
100m	12.1	11.7
200m	24.9	24.5
400m	57.5	55.40
100h	14.4	14.0
300mh	45.00	43.50
800m	2:20.00	2:15.00
3200m	11:40	11:10
1600m	5:25	5:10
5k	19:00	18:15
2k Steeple	7:45	7:30
long jump	18’	19’
triple jump	37'6”	39'
high jump	5'3”	5'6”
pole vault	11'9”	12'3”
shot put	40’	42’
discus	127’	135’
javelin (600 gram)	115’	125’
combined events (Hept)	4000	TBD

***These times do not guaranteed scholarship or walk on position. They are merely a guideline for coaching staff and perspective student athletes to refer to when considering being a part of the Cardinal Track and Field program.

*** To earn athletic scholarship, academic stackability is required. One of the following must be met: 3.2/4.0 GPA, 1270 two-part SAT, 105 Sum ACT score(~26), or top 10% of class ranking.