BE RECRUITED

Are you interested in being recruited to run, jump, throw, hurdle, and/or vault at Drew University?

If so, please review the following information to learn more about the recruiting process and our University, and fill out a questionnaire to begin your journey to becoming a RANGER!

DREW UNIVERSITY XC/TRACK & FIELD RECRUITING QUESTIONNAIRE

https://www.frontrush.com/FR_Web_App/Player/PlayerSubmit.aspx?sid=MjIwODk=-yYDGMkA0n/U=&ptype=recruit

ALL ATHLETES EARNING THE FOLLOWING *RECRUIT*, *WALK-ON*, AND *TRY-OUT* STANDARDS ARE ENCOURAGED TO FILL-IN OUR ONLINE RECRUITING QUESTIONNAIRE

Drew University
Men's Cross Country and Track & Field Recruiting Standards* 2022-23
NCAA Div III · Landmark Conference

WANT TO COMPETE FOR DREW?

NCAA Division III
DISCOVER | DEVELOP | DEDICATE

Event	Recruit	Walk On	Tryout
5K XC	≤17:30 ≥VDOT:63	≤17:45 ≥VDOT:60	≤18:15 ≥VDOT:58
3200m	≤10:20 ≥VDOT:63	≤10:45 ≥VDOT:60	≤11:05 ≥VDOT:58
1600m	≤4:45 ≥VDOT:63	≤4:55 ≥VDOT:60	≤5:05 ≥VDOT:58
800m	≤2:01	≤2:04	≤2:07
400m	≤52.60	≤55.02	≤56.55
200m	≤22.90	≤23.62	≤24.50
100m	≤11.84	≤12.03	≤12.28
55 HH	≤8.40	≤8.70	≤8.99
110m HH	≤16.49	≤16.83	≤17.64
400m IH	≤59.99	≤1:02.50	≤1:03.95
Pole Vault	≥12-06.00	≥11-06.00	≥11-00.00
Long Jump/TJ	≥19-00.00/40-00.00	≥18-00.00/38-00.00	≥17-00.00/36-00.00
High Jump	≥5-10.00	≥5-08.00	≥5-06.00
Javelin	≥140-00.00	≥135-00.00	≥130-00.00
Discus	≥130-00.00	≥125-00.00	≥120-00.00
Shot Put	≥45-00.00	≥42-06.00	≥40-00.00

DREW UNIVERSITY RANGERS

CROSS COUNTRY AND TRACK & FIELD

https://drew.edu/

WE ARE A PROGRAM DEDICATED TO ATHLETIC, ACADEMIC AND PERSONAL BETTERMENT



DREW UNIVERSITY

CONTACT: Sean Robinson
Head Coach, Men's and Women's XC/TF

Drew University Athletics
36 Madison Ave.
Madison, NJ 07940
www.drewrangers.com

c. 973.214.7266
p. 973.408.3649
f. 973.408.3014
e. srobinson2@drew.edu