2022-2023 WALK-ON EKU XC/TRACK WALK-ON STANDARDS

Event	Men's Standard	Women's Standard
100m (FAT)	11.00	12.30
200m (FAT)	22.15	25.15
400m (FAT)	49.40	57.25
800m	1:54.50	2:17.00
1600m	4:20.00	5:05.00
3200m	9:30.00	11:10.00
100m/110mH (FAT)	Not actively recruiting	15.00
300mH (FAT)	Not actively recruiting	
400mH (FAT)	Not actively recruiting	1:06.00
Long Jump	6.80m / 22'3.75"	5.50m / 18'0.5"
Triple Jump	13.80m / 45'3.25"	10.82m / 35'6"
High Jump	Not actively recruiting	Not actively recruiting

Participation on the EKU cross country and track and field team is a privilege and at the discretion of the coaching staff. Meeting the above standards do not guarantee a spot on the EKU cross country and/or track roster, but are general standards and guidelines that will be considered by the coaching staff. Ultimately, the decision as to whether a student will be included and/or retained on the EKU cross country and track and field team is within the sole discretion of the coaching staff. Other factors that will be considered are as follows:

A. Academic excellence
B. Current team strengths and needs as determined by the coaching staff
C. Quality performances in multiple events
D. Coaches evaluation of athletics and academic performance and attitude
E. Competition background/potential for development