RECRUITING STANDARDS

RUNNING EVENTS

EVENT	MEN	WOMEN
100 m	10.8	12.4
200 m	22.0	25.7
400 m	49.00	59.5
800 m	1:56	2:23
1600 m	4:24	5:29.9
3200 m	9:40	11:59
5000 m	15:50	19:59
60 h	8.5	8.9
110/110 h	14.8	15.5
300 h	38.5	46.5
400 h	54.0	64

FIELD EVENTS

EVENT	MEN		WOMEN	
	meters	Feet	meters	Feet
Long Jump	6.7	22’	5.4	17’ 8”
Triple Jump	14	46’	11	36’
Pole Vault	4.42	14’ 6”	3.05	10’
High Jump	1.93	6’4”	1.56	5’ 2”
Shot put	14.60	48’	10.97	36’
Discus	44	144’ 4”	40	131’ 3”
Javelin	50	164’	38	124’ 8”
Hammer	42.67	140’	38.1	125’
Pentathlon			3000	
Heptathlon	4200		4200	
Decathlon	6000			

CROSS COUNTRY

	MEN	WOMEN
5000 meters	15:50	19:59

This chart lists the marks that will be considered for roster spots as well as scholarship aid. Hitting a mark does not guarantee a spot on the team. Athletic scholarships may range from 1% to 90%. Achieving standards in multiple events and multiple times may increase the chance and value of receiving athletic aid. Cross country times will be looked at if we know the course and it’s difficulty and for consistency of hitting marks.