

CROSS COUNTRY
FORT HAYS
TRACK & FIELD

MEN	Target Recruits	Roster Consideration	2025 Top MIAA Mark	2025 Top 10 in MIAA
100	10.6	10.95	9.96	10.37
200	21.5	22.5	20.11	21.13
400	48.0	50.0	45.32	47.64
800	1:54	1:59	1:48.42	1:51.67
1600	4:18	4:34	3:39.34 (1500)	3:50.74 (1500)
3200	9:25	10:00	7:53.33 (3000)	8:16.65 (3000)
5K	15:30	16:20	13:40.04	14:29.76
100 Hurdles	14.0	14.75	13.19	14.54
300 Hurdles	37.5	39.00	51.56 (400H)	54.12 (400H)
High Jump	6'8"	6'5"	7'1"	6'8"
Pole Vault	16'3"	15'6"	17'1"	15'7"
Long Jump	23'5"	22'5"	24'10"	23'8"
Triple Jump	46'5"	45'	54'0"	47'11"
Shot Put	58'	55'	61'6"	50'11"
Discus	190'	170'	184'3"	156'11"
Javelin	195'	185'	258'3"	210'5"

The marks listed above are to give guidance to recruits and coaches on the standards required to be considered for rosters positions and/or scholarships

These marks are targets for Junior year of high school.

Attaining these marks does not guarantee athletic scholarships or roster positions in the Fort Hays State University Track & Field/Cross Country Program.

Scholarships can range in value from 1-100%. Factors considered in awarding athletic scholarships: scholarships availability, current roster strengths/needs, academic performance, wind legal performances (FAT), experience, competition background/performance, and character!

FHSU Track & Field/Cross Country