Flagler College XC/Track & Field

Scholarship and Roster Standards

	Men's Standards			Women's Standards		
Event	**Major**	**Partial**	**Roster**	**Major**	**Partial**	**Roster**
400m	N/A	N/A	55	N/A	N/A	1:04
800m	< 1:52	1:53	2:05	< 2:10	2:16	2:30
1500m	< 3:54	4:04	4:18	< 4:40	4:48	5:10
1600m	< 4:12	4:20	4:35	< 4:58	5:05	5:30
3000m	< 8:30	8:50	9:35	< 10:10	10:35	11:15
3200m	< 9:10	9:30	10:20	< 11:00	11:20	12:00
5000m	< 14:40	15:20	16:59	< 17:50	18:30	19:59
10000m	< 31:15	< 32:00	N/A	< 37:00	< 39:00	N/A
3000m SC	Considered alongside other performances, but not as a stand-alone.					

Reaching these standards will not guarantee you an athletic scholarship or roster spot. Multiple factors are considered including academic performance, scholarship availability and team need. Competition for scholarships is extremely competitive, so please reach out to the coaching staff as early as possible if you have met the above standards.