Oakland University
Track & Field
Recruiting Standards

Standards are a basic layout for what we are looking for. These marks will place athletes in the top three (*) or top ten in our conference. If athletes are a little shy of these marks, they still can be a part of the team.

WOMEN:

55M: 7.12

60M: 7.64*

100M: 12.20*

200M (in): 25.00*

200M (out): 24.50*

400M (in): 57.0*

400M (out): 57.80

100MH: 14.90

300MH: 41.0

400MH: 1:04.88*

LJ: 18ft*

TJ: 38ft*

HJ: 5’6*

PV: 12ft*

PEN: 3200

SP: 39ft

WT: 55ft*

DT: 140ft

Hammer: 160ft

MEN:

55M: 6.45

60M: 6.92*

100M: 10.80*

200M (in): 21.70*

200M (out): 21.50*

400M (in): 48.4*

400M (out): 48.90

100MH: 15.00

300MH: 37.50

400MH: 53.90*

LJ: 22ft

TJ: 45ft

HJ: 6’7*

PV: 15’11*

HEP: 4300

SP: 56ft

WT: 56ft*

DT: 170ft

Hammer: 140ft