Illinois State University Track & Field and Cross Country Athletic Standards for Scholarship and Walk-On Consideration

Thank you for your interest in the Illinois State Cross Country/Track & Field program! We encourage you to browse our website (GoRedbirds.com) and follow us on Twitter (@Redbird_TrackXC) for information about our program. Please be sure to review our scholarship and walk-on standards found on the next page before contacting coaches in your respective event areas.

Keep in mind that, per NCAA rules, we cannot talk to prospective student athletes before September 1st of their junior year, with the majority of our recruiting taking place during a prospect's senior year. Also, due to the volume of inquiries, we are not able to answer every e-mail.

Thank you and Go Redbirds!

Jeff Bovee
Head Coach
Illinois State Track & Field and Cross Country

Jeff Bovee – jlbovee@ilstu.edu
Distance

Jon-Michael Brandt – jrbran1@ilstu.edu
Distance

Rodney Burkes – rtburk1@ilstu.edu
Sprints/Hurdles/Relays

Daniel Gooris – djgoori@ilstu.edu
High Jump/Multis

Jeff Rebholz – jjrebho@ilstu.edu
Throws

Mary Wood – mkwood@ilstu.edu
Long Jump/Triple Jump/Pole Vault

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Standards for Scholarship and Walk-On Consideration
Updated as of Feb. 5, 2019

Event	Scholarship Men	Walk-On Men	Scholarship Women	Walk-On Women
100m	10.70	11.00	11.80	12.30
200m	21.70	22.00	24.80	25.40
400m	48.50	49.90	56.50	58.50
800m	1:53.5	1:56.0	2:13.0	2:18.0
1600m	4:15	4:22	5:05	5:15
3200m	9:16	9:29	10:59	11:15
100/110mH	14.50	14.80	14.55	14.90
300mH	38.60	39.50	45.80	46.50
LJ	23′0″	22′0″	18′9″	18′0″
TJ	46′6″	44′0″	38′6″	37′6″
PV	15′6″	14′9″	12′3″	11′6″
HJ	6′9″	6′6″	5′6″	5′4″
SP	57′6″	52′0″	42′6″	39′0″
DT	170′0″	160′0″	140′0″	120′0″

Jav.	**190′0″**	**165′0″**	**130′0″**	**110′0″**

