HOWARD UNIVERSITY TRACK AND FIELD/CROSS COUNTRY
STANDARDS FOR SCHOLARSHIP AND WALK ON CONSIDERATION

Event	**Target Recruits Men**	Scholarship Standard Men	Walk On Standard Men	**Target Recruits Women**	Scholarship Standard Women	Walk On Standard Women
60	**6.70**	6.85	7.02	**7.30**	7.50	7.75
60H	**7.90**	8.00	8.50	**8.50**	8.70	9.02
100	**10.50**	10.70	11.00	**11.70**	11.90	12.30
200	**20.90**	21.00	22.00	**24.00**	24.50	25.22
400	**47.80**	48.00	50.50	**55.00**	56.50	57.80
800	**1:52.00**	1:54.00	1:56.50	**2:12.00**	2:15.00	2:20.00
Mile	**4:15.50**	4:20.50	4:29.00	**5:05.00**	5:10.00	5:22.00
3000	**8:40.00**	8:45.50	9:05.00	**10:40.00**	10:50.50	11:05.00
100/110 H	**13.80**	14.00	14.80	**13.80**	14.10	15.00
400H	**52.00**	54.00	56.00	**58.00**	59.80	1:04.30
Long Jump	**7.70**	7.40	6.85	**6.00**	5.80	5.00
Triple Jump	**15.20**	14.80	14.15	**12.00**	11.50	11.00
Pole Vault	**5.01**	4.70	3.66	**3.20**	3.00	2.44
High Jump	**2.11**	2.01	1.94	**1.75**	1.70	1.58
Shot Put	**16.00**	15.25	12.20	**13.00**	12.40	11.50
Discus	**50.00**	46.50	39.62	**44.50**	40.50	36.50
Javelin	**60.50**	56.50	41.50	**40.50**	35.50	29.35
DEC/HEP	**Combination of Events**			**Combination of Events**		
Cross Country (5k)	**15:20.00**	15:40.00	17:00.00	**19:00.00**	19:20.50	22:00.00

*****Obtaining the posted standards does not guarantee you an athletic scholarship or secure you a spot on the team.**
Considerations are not based on performance alone. Other variables to be considered include academics, scholarship availability and what the coach deems necessary for the team. Scholarships can range from 1% to 100%.

****This is subject to change at any time at the discretion of Howard University coaching staff****