Recruiting Standards

Marks better than the following are seen as meeting the recruiting standard

Women

100m – 13.55

200m – 27.75

400m – 1:03

800 – 2:35

1600 – 6:00

3200 – 12:45

100h – 17.25

300h – 50.0

Long Jump – 15’6

High Jump – 4’11

Pole Vault – 9’9

Shot Put – 34’0

Discus Throw – 105’0

Men

100m – 11.49

200 – 23.40

400 – 53.0

800 – 2:07

1600 – 4:50

3200 – 10:30

110h – 16.00

300h – 41.75

Long Jump – 19'6

High Jump – 5'11

Pole Vault – 12'0

Shot Put – 42'0

Discus Throw – 125'