Women

100m: 13.10

200m: 26.90

400m: 62.50

800m: 2:28

1600m: 5:40

3200m: 12:10

5K (XC): 20:30

100H: 16.50

300H: 50.00

High Jump: 4’10 - 1.47m

Long Jump: 15’0 - 4.57m

Triple Jump: 32’6 - 9.9m

Shot Put: 30’ - 9.1m

Discus: 100’ - 30.5m

Javelin: 100’- 30.5m

Men

100m: 11.50

200m: 23.70

400m: 51.90

800m: 2:02

1600m: 4:40

3200m: 10:10

5K (XC): 16:59

110H: 15.50

300H: 42.00

High Jump: 5’10 - 1.78m

Long Jump: 19’6 - 5.9m

Triple Jump: 38’ - 11.6m

Shot Put: 42’ - 12.8m

Discus: 130' - 39.6m

Javelin: 130’ - 39.6m

*Academics, Mentality, Motivation, and Passion preface athletics

*We evaluate unique talent such as an athlete with little track background that show potential

*We evaluate all marks such as 1500m, 400H, Half Marathon, Hammer Throw, College Distances, and Indoor Distances