SPRING ARBOR™

Track & Field / Cross Country

Beginning Scholarship Standards

Event	Men	Women
100	11.6	13.3
200	23.6	27.6
400	52	1:05
100/110H	15.9	16.5
300H	42	49
800	2:03	2:35
1600	4:45	5:50
3200	10:25	12:50
5k	16:50	21:00
Shot Put	40’	30’
Discus	115’	100’
High Jump	6’0”	4’10”
Long Jump	20’0”	15’6”
Triple Jump	40’0”	32’0”
Pole Vault	12’0”	9’6

- ➔ Scholarship amounts are given based on academic/athletic performance and team culture fit.
- ➔ Marks must come from official meet results. Sprint/Hurdles times must be FAT.
- ➔ GPA’s at or Above 3.6 will be considered regardless of the standards above.
- ➔ If you do not hit the standards above, but are interested in a possible scholarship for **SAU RUN CLUB**, please contact Coach Burk (bryan.burk@arbor.edu)