2026-2027 Shenandoah University Cross Country / Track & Field

RECRUITING STANDARDS

Fill out our Recruit Form → HERE

REQUIRED GPA: Minimum Unweighted GPA of 3.1 as this is what it takes to earn USTFCCCA All-Academic as a TEAM

Game Changer - ODAC Champion, All-Region, National Qualifier **Immediate Impact - ODAC Scorer (Top 8)**
Contributor - ODAC Qualifier (Top 24) **Developmental - Ability for growth to the Contributor category**

Men	Game Changer	Immediate Impact	Contributor	Developmental
55m / 60m	6.24 / 6.70	6.52 / 7.00	6.80 / 7.30	7.27 / 7.80
100m	10.27	10.67	11.20	12.00
200m / 300m	21.40 / 34.24	22.00 / 35.20	23.00 / 36.80	24.00 / 38.40
400m / 500m	48.40 / 1:03.89	49.50 / 1:05.34	52.00 / 1:08.64	55.00 / 1:12.60
800m / 1,000m	1:55.00 / 2:31.00	1:58.00 / 2:35.00	2:02.00 / 2:41.00	2:10.00 / 2:51.00
1,500m/ 1 Mile	3:55.00 / 4:15.00	4:05.00 / 4:25.00	4:20.00 / 4:40.00	4:30.00 / 4:50.00
3,000m / 3,200m	8:34.00 / 9:14.00	8:54.00 / 9:34.00	9:08.00 / 9:48.00	10:00.00 / 10:40.00
5,000m	15:00.00	15:35.00	16:28.00	17:10.00
10,000m	31:35.00	33:00.00	36:00.00	38:00.00
60m HH	8.81	9.45	10.50	11.00
110m H	15.00	16.60	17.00	18.40
300m H / 400m H	0:40.00 / 0:56.00	0:42.00 / 0:58.00	0:46.00 / 1:04.00	0:49.00 / 1:08.00
2k / 3k Steeple	6:10.00 / 9:30.00	6:40.00 / 10:15.00	7:09.00 / 11:00.00	7:25.00 / 11:25.00
High Jump	2.10m	1.85m	1.75m	1.65m
Pole Vault	4.75m	3.80m	2.90m	2.85m
Long Jump	7.15m	6.55m	6.00m	5.75m
Triple Jump	14.55m	12.99m	12.00m	11.55m
Shot Put (12 lbs.)	16.80m	14.50m	12.50m	11.00m
Discus (1.6kg)	52.03m	43.18m	34.68m	29.00m
Javelin	51.50m	40.65m	32.00m	28.00m
Weight Throw	Due to the limited ability to compete these events at the high school level, we do not have recruiting standards for these events			
Hammer Throw				

Women	Game Changer	Immediate Impact	Contributor	Developmental
55m / 60m	7.13 / 7.65	7.46 / 8.00	7.74 / 8.30	8.11 / 8.70
100m	12.00	12.60	12.80	13.50
200m / 300m	24.80 / 39.68	25.90 / 41.44	27.00 / 43.20	29.30 / 46.88
400m / 500m	57.00 / 1:15.24	59.20 / 1:18.14	1:04.54 / 1:25.19	1:09.30 / 1:31.48
800m / 1,000m	2:17.00 / 3:00.00	2:26.00 / 3:12.00	2:34.00 / 3:23.00	2:45.00 / 3:38.00
1,500m/ 1 Mile	4:47.00 / 5:09.00	5:00.00 / 5:24.00	5:15.00 / 5:40.00	5:30.00 / 5:55.00
3,000m / 3,200m	10:12.00 / 11:00.00	10:50.00 / 11:40.00	11:30.00 / 12:20.00	12:00.00 / 12:53.00
5,000m	17:54.00	19:10.00	20:18.00	21:30.00
10,000m	37:40.00	41:00.00	43:30.00	46:00.00
60m HH	9.40	9.90	11.00	12.00
100m H	14.80	16.40	18.00	20.00
300m H / 400m H	0:44.00 / 1:00.00	0:47.00 / 1:05.00	0:50.50 / 1:10.00	0:54.00 / 1:15.00
2k / 3k Steeple	7:19.00 / 11:15.00	7:48.00 / 12:00.00	8:47.00 / 13:30.00	9:16.00 / 14:15.00
High Jump	1.65m	1.55m	1.45m	1.35m
Pole Vault	3.00m	2.50m	2.35m	2.25m
Long Jump	5.55m	5.10m	4.58m	4.40m
Triple Jump	11.83m	10.40m	9.55m	9.15m
Shot Put	12.60m	10.75m	9.00m	8.35m
Discus	40.00m	32.25m	24.50m	20.00m
Javelin	39.18m	28.00m	24.00m	21.00m
Weight Throw	Due to the limited ability to compete these events at the high school level, we do not have recruiting standards for these events			
Hammer Throw				