THIEL Cross Country Track & Field

RECRUITING STANDARDS

A Standard

Times and marks **at** or **better than** the following are considered capable of scoring at the PAC Championships.

B Standard

Times and marks **at** the following and **up to** the **A Standard** are considered capable of developing into PAC Championship scorers.

A Standard Men	A Standard Women		B Standard Men	B Standard Women
11.10	13.00	**100m Dash**	11.60	13.90
22.70	27.00	**200m Dash**	23.80	29.10
51.80	1:00.90	**400m Dash**	54.80	1:05.20
1:59.70	2:21.10	**800m Run**	2:05.70	2:35.80
4:35.30	5:30.50	**Mile Run**	5:00.10	6:00.20
10:05.50	12:05.50	**3200m Run**	10:45.50	13:00.50
16:15.40	20:33.70	**5K Run**	18:00.30	23:00.30
16.50	16.70	**100/110m Hurdles**	17.90	18.20
38.80	47.80	**300m Hurdles**	42.10	54.20
6'1"	5'1"	**High Jump**	5'8"	4'7"
13'	10'	**Pole Vault**	12'	9'
20'10"	16'3"	**Long Jump**	18'10"	14'8"
42'6"	35'7"	**Triple Jump**	38'2"	31'8"
41'10"	36'8"	**Shot Put**	35'3"	30'5"
119'	110'	**Discus Throw**	105'	100'
154'	108'	**Javelin Throw**	110'	80'

***A relay split is not considered a legitimate time.**

***We understand an XC 5K time may be slower than a track 5K time.**

***Please reach out to Jessi Juarez at jjuarez@thiel.edu with any questions.**