UNC PEMBROKE

Track & Field and Cross Country

Scholarship and Walk-On Standards

Event	Target Recruit MEN	Men's Scholarship Standard	Men's Walk-On Standard	Target Recruit WOMEN	Women's Scholarship Standard	Women's Walk-On Standard
100m	10.43	10.80	11.05	11.90	12.4	12.70
200m	21.20	21.7	22.5	24.8	25.20	26.50
400m	48.88	49.84	50.90	58.40	59.50	1:01.0
800m	1:50.9	1:56.7	1:59.5	2:11.4	2:24.9	2:30.0
1500m/1600m	3:49/4:06	4:06/4:23	4:12/4:30	4:30/4:50	5:05/5:25	5:16/5:36
3K/3200m	8:25/9:00	8:55/9:30	9:05/9:40	10:00/10:40	10:38/11:20	11:15/12:00
100/110mh (HS)	14.60	14.70	15.50	14.50	14.80	15.50
300mh (HS)	54.70	38.00	40.90	1:03.00	45.00	47.00
Long Jump	7.32m	6.75m	6.65m	5.83m	5.45m	5.17m
Triple Jump	14.70m	13.84m	13.40	11.96m	11.40m	11.00m
High Jump	2.05m	1.95m	1.80m	1.70m	1.60m	1.50m
Shot Put (HS)	16.58m	14.50m	13.3m	13.98m	12.95m	11.00m
Discus (HS)	50.42m	45.70m	39.10m	45.96m	38.00m	32.00m
Javelin	58.46m	50.50m	40.50m	42.10m	32.50m	26.00m
Hammer	56.78m	45.50m	38.00m	52.45m	43.50m	33.00m
Pole Vault	4.90m	4.45m	4.00m	3.75m	3.30m	3.15m
Cross Country (5K)	15:20	15:55	16:45	18:00	19:45	21:00

- The chart above lists athletic performances that will be considered for athletic aid/walk-on recommendation at UNC Pembroke. There are many other variables that have to be considered, SAT or ACT scores, scholarship availability and team needs.
    - Failure to meet the standard ***DOES NOT DISQUALIFY*** an individual from consideration of becoming a team member or scholarship athlete.
    - Each year there are a limited number of scholarships available to recruit with; scholarships are divided among track and field and cross country; competition can be extremely tough.
    - ***Scholarships may range from 1% to 100% of tuition.***
- All sprint and hurdle times must be recorded on Fully Automatic Timing (FAT) systems; ***NO HAND TIMES OR RELAY SPLITS***. Wind aided marks will be considered appropriately.
    - Cross Country athletes will also be evaluated on how well they race invitational and national championship meets.