University St. Thomas

Track and Field Recruiting Standards

	Men		Women	
	A Standard	B Standard	A Standard	B Standard
100m	10.90	11.25	12.6	12.9
200m	22.20	22.8	26.2	27
400m	49.8	51.5	59	63
800m	1:59	2:05	2:24	2:38
1600m	4:28	4:55	5:20	5:40
3200m	9:45	10:20	12:00	13:00
110H/100H	15	16.5	15.50	16
300HH	41	44	45	50
LJ	21’5	20	16’5	15’
TJ	44’	42’	34’	31’
HJ	6’2	6’	4’11	4’6
SP	45’	43’	35’	33’
DT	140’	136’	120’	115’

A Standard: Potential to score at Conference Championships

B Standard: Potential to compete at Conference Championships