University of Texas Rio Grande Valley

Track and Field/Cross Country Scholarship and Walk-On Standards

Standards are set off of top 60-95 from NCAA West Region

	MEN		WOMEN	
	Scholarship Standard	**Walk-On Standard**	**Scholarship Standard**	**Walk-On Standard**
100m	10.55	10.80	11.75	12.15
200m	21.30	21.90	24.50	25.10
400m	47.90	49.00	56.20	58.00
800m	01:53.00	01:57.00	02:14.00	02:18.00
1600m	04:18.00	04:27.00	05:04.00	05:18.00
3200m	09:25.00	09:45.00	11:05.00	11:30.00
2k Steeple	06:05.00	06:30.00	07:10.00	07:35.00
110/110H	14.10	14.60	14.20	14.70
300H	37.50	38.70	43.90	45.00
400H	53.50	55.50	01:01.8	01:05.0
High Jump	6'10"	6'6"	5'6"	5'3"
Long Jump	24'5"	23'	19'6"	18'2"
Triple Jump	49'5"	47'	40'4"	38'
Pole Vault	15'10"	14'10"	12'4"	11'6"
Shot Put	57'	54'	48'	43'
Discus	180'	170'	150'	140'
Hammer	185'	170'	175'	165'
Javelin	190'	170'	140'	125'
Decathlon	7000	6300		
Pentathlon			3700	3300
Heptathlon	5200	4800	5000	4300
Cross Country				
5k	15:20	16:00	18:10	19:00
2 Mile			11:20.0	12:05

***Achieving the standards do not guarantee you an athletic scholarship or place on the team. All times are considered FAT (Fully Auto Times)**

Excelling in multiple events increases the chances of receiving athletic aid.

Test scores, scholarship availability and team needs will be taken into consideration. Scholarships range from 1% to 100%.

Cross Country athletes will also be evaluated on how well they compete at Invitational and Championship meets.

There are a limited number of scholarships that are shared by both track & field and cross country.