

Recruiting Standards 2026-27 – MEN

Event	Target	Recruit	Invited Walk On
100m	10.40	10.60	10.80
110mH	13.80	14.50	14.80
200m	20.90	21.40	21.90
300mH	37.50	38.50	39.00
400m	47.20	48.30	49.40
400mH	52.50	53.50	54.50
800m	1:50.00	1:54.00	1:57.00
1600m	4:06.00	4:17.00	4:25.00
3200m	8:45.00	9:10.00	9:45.00
5K XC	14:50.00	15:25.00	16:25.00
Shot Put	55’0” (16.76)	50’0” (15.24)	48’0” (14.63)
Hammer	180’44” (55.00)	164’0 (48.00)	141’0” (43.00)
Discus	165’0” (50.29)	150’0” (45.72)	135’0” (41.15)
Javelin	205’0” (62.48)	195’0” (59.44)	156’0” (47.55)
Long Jump	24’3” (7.40)	23’4” (7.15)	22’9” (7.00)
Triple Jump	49’0” (14.94)	48’0” (14.63)	45’0” (13.72)
High Jump	6’8” (2.10)	6’7” (2.05)	6’6” (2.02)
Pole Vault	16’0” (4.88)	15’0” (4.57)	14’0” (4.27)
Decathlon	6800	6200	5600





Recruiting Standards 2026-27 – WOMEN

Event	Target	Recruit	Invited Walk On
100m	11.40	11.80	12.00
100mH	13.75	14.25	14.75
200m	23.50	24.50	25.50
300mH	43.50	44.50	45.00
400m	55.50	56.50	57.50
400mH	1:00.00	1:05.00	1:10.00
800m	2:08.00	2:18.00	2:28.00
1600m	4:45.00	4:50.00	5:25.00
3200m	9:50.00	10:25.00	10:45.00
5K XC	17:50.00	18:25.00	19:25.00
Shot Put	44’29” (13.50)	41’0” (12.50)	38’50” (11.75)
Hammer	(50.00)	(44.00)	(40.00)
Discus	139’44” (42.50)	129’59” (39.50)	120’0” (36.57)
Javelin	160’76” (49.00)	147’64” (45.00)	134’51” (41.00)
Long Jump	19’35” (5.90)	18’70” (5.70)	18’04” (5.50)
Triple Jump	40’03” (12.20)	38’88” (11.85)	36’90” (11.25)
High Jump	5’6” (1.71)	5’4” (1.65)	5’2” (1.59)
Pole Vault	12’80” (3.9)	11’81” (3.6)	10’83” (3.3)
Heptathlon	4800	4500	4200

