Scholarship & Recruited Walk-on Standards

Thank you for your interest in the Virginia State University Track & Field / Cross Country program. We have provided our standards for Athletic Scholarships and recruited walk-on consideration standards for High School and Transfer Students.

Below is a link to our online questionnaire. We encourage you to fill it out to help begin the recruitment process as well as browse govsutrojans.com for more information about our program.

Questionnaire link:
https://app.spry.so/paperwork/virginia-state-university/TracknField-xc

Keep in mind that NCAA Rules prohibit all coaches from having contact of any kind with Prospective Student-Athletes until after June 15 following their sophomore year of high school.

GO TROJANS!

Elizabeth Allen
Director of Track & Field / Cross Country

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	MEN				WOMEN	
Walk-on standards	**Minimum Standard**	**Target Standard**	**Event**	**Target Standard**	**Minimum Standard**	**Walk-on Standard**
10.75	10.51	10.47	**100m Dash**	11.76	11.99	12.25
21.75	21.17	20.9	**200m Dash**	24.18	24.51	25
49.51	48.07	47.66	**400m Dash**	55.7	56.22	58
14.99	14.52	14.39	**110 H/ 100 H**	13.75	14.1	14.99
56	53.4	51	**400 H**	59.5	63.1	64.46
1:58	1:53	1:51	**800m Run**	2:11	2:17	2:23
4:45	4:30	4:06	**1600m Run**	4:51	5:27	5:50
10:20	9:50	9:40	**3200m Run**	10:50	11:56	12:20
21'8" (6.62m)	23'2" (7.08m)	24' (7.32m)	**Long Jump**	19'2" (5.86m)	18'11" (5.78m)	17'7" (5.36m)
45'2" (13.79m)	46'6" (14.19m)	48'2" (14.70m)	**Triple Jump**	39'4" (11.99m)	37'10" (11.53m)	36'5" (11.11m)
6'4" (1.94m)	6'6" (1.99m)	6'8" (2.05m)	**High Jump**	5'6" (1.68m)	5'2" (1.57m)	4'11" (1.50m)
10'2" (3.10m)	13'5" (4.10m)	15'11" (4.85m)	**Pole Vault**	12'5" (3.79m)	11'6" (3.51m)	10'10" (3.3m)
45'11" (14m)	47'9" (14.56m)	54'5" (16.59m)	**Shot Put**	45'7" (13.90m)	39'2" (11.96m)	35'1" (10.7m)
131'2" (40m)	147'8" (45.02m)	165'8" (50.51m)	**Discus Throw**	148'5" (45.24m)	132' (40.24m)	114' (35m)
	120'8" (36.79m)	187'5" (57.13m)	**Hammer Throw**	173'2" (52.80m)	106'7" (32.49m)	
	147'3" (44.88m)	193'4" (58.93m)	**Javelin Throw**	138'2" (42.12m)	98'7" (30.06m)	
	4257 (hept)	6294 points	**Deca./Hept.**	4564 points	3090 (pent)	
4:21	4:04	3:48	**1500m Run**	4:30	5:01	5:21
9:30	9:20	9:10	**3000m Run**	10:25	11:31	12:00
16:30	16:01	14:17	**5000m Run**	17:00	22:37.1	23:30.1
16:55	16:31	14:47	**XC- 5K**	17:30	19:20	23:50

Reaching these standards will not guarantee you an athletic scholarship or roster spot. Multiple factors are considered including academic performance, scholarship availability and team need. Competition for scholarships is extremely competitive between all event areas and if you have met the above standards, we highly encourage you to contact the staff.