Western Oregon University Recruiting Standards

Cross Country Track & Field

Event	Target	Roster	Top GNAC
100m	10.75	11	10.11
200m	21.5	22.5	20.5
400m	48	49.8	47.25
800m	1:53	1:56	1:48.61
1500m	4:00	4:04	3:44.37
3000m	8:40	9:00	7:57.88
5000m	15:30	16:00	13:48.17
110mh	14.95	15.15	14.15
300mh	39.8	41	
400mh	55.5	58	50.95
High Jump	6'5"	6'2"	6’10.75”
Pole Vault	14'6"	14'0"	15’1.75”
Long Jump	22'6"	21'6"	24’6.5”
Triple Jump	45'6"	44'0"	47’11.25”
Shot Put	52'6"	50'10"	54’8.25”
Discus	144'4"	137'10"	172’11”
Hammer	183'9"	177'2"	203’5”
Javelin	173'11"	167'4"	238’2”

Men’s Program Recruiting Standards

Western Oregon University Recruiting Standards

Cross Country Track & Field

Event	Target	Roster	Top GNAC
100m	12.4	12.8	11.25
200m	25.6	26.2	23.17
400m	59.5	60.4	53.11
800m	2:16	2:20	2:10.17
1500m	4:48	4:55	4:30.42
3000m	10:30	11:10	
5000m	18:30	19:00	15:56.94
100mh	14.95	15.4	13.76
300mh	46.4	47	
400mh	62.5	65	60.13
High Jump	5'4"	5'1"	5'11.5"
Pole Vault	11'6"	10'6"	13'3.5"
Long Jump	17'4"	16'6"	19'4.75"
Triple Jump	36'0"	34"'	43'6"
Shot Put	40'2"	39'4"	50'8.25"
Discus	118'1"	114'10"	158'0"
Hammer	144'4"	141'4"	181'11"
Javelin	118'1"	118'1"	144'1"

Women's Program Recruiting Standards

Cross Country Track & Field

The marks listed above are to give guidance to recruits and coaches on the standards needed to be considered for rosters positions and/or scholarships at Western Oregon University

Attaining these marks does not guarantee athletic scholarships or roster positions, however they provide marks for consideration on the 2026-27 Recruiting Class.

Factors considered in awarding athletic scholarships: scholarships availability, current roster strengths/needs, academic performance, mindset and fit with the program, experience in the sport, competition background/performance and athletic performance progressions.

Prospective Student-Athlete Form