Track & Field Recruiting Standards

The Winston-Salem State University Rams take pride in the quality of athletes that enter the gates of our community! Scholarship considerations are granted based on the following standards; however, athletes may be awarded athletic aid based on the discretion of the head coach. Please contact Antonio Wells at wellsas@wssu.edu for questions.

Event	Scholarship Criteria	Walk-on Consideration
100m	**11.85**	**12.40**
200m	**24.50**	**25.40**
400m	**56.90**	**59.20**
800m	**2:17.0**	**2:29.00**
1500m	**4:57.00**	**5:25.00**
1600m	**5:18.00**	**5:35.00**
3200m	**11:40.00**	**12:35.00**
100H	**14.64**	**15.90**
300H	**45.34**	**48.21**
400H	**1:01.80**	**1:05.00**
High Jump	**1.62m/5ft 4in**	**1.48m/4ft 10in**
Long Jump	**5.50m/18ft**	**5.10m/16ft 9in**
Triple Jump	**11.50m/37ft 8in**	**10.50m/34ft 5in**
Shot Put	**12m/39ft 4in**	**11.20m/36ft 9in**
Discus	**38m/124ft 8in**	**32m/104ft 11in**
Javelin	**33m/108ft 3in**	**27m/88ft 7in**
Pentathlon/Heptathlon	**3000/4400**	**2600/3800**