TRACK & FIELD

WVSU

CROSS COUNTRY

MEN

Metrics

Event	Walk-on	Recruit	Target
100m	11.20	10.90	10.70
200m	22.80	22.20	21.75
400m	51.20	49.90	48.85
800m	1:59	1:56	1:55
Mile	4:28	4:20	4:18
3000	8:45	8:40	8:35
5000	15:20	15:10	15:05
Jav	155'	160'	175'
Disc	150'/42m	160'/45m	170'/48m
Shot	53'/13.8m	55'/14.3m	58'/15.0m
HT	150'/39m	160'/43m	170'/47m
WT	55'/13.5m	60'/14.5m	65'/15.5m
LJ	21'0	21'8	22'6
TJ	43'0	45'0	46'0
HJ	6'2	6'4	6'6

*Second number for throws indicates Collegiate marks for transfers

30K