

TRACK & FIELD

Recruiting Standards 2026-27

Men	
Event	Target Recruit
100m	10.60
200m	21.40
400m	47.80
800m	1:53.50
1500m	3:54
1600m/mile	4:13
3000m	8:33.00
3200m	9:08.00
5000m XC	15:20
110m hurdles	14.20
300m hurdles	37.50
400m hurdles	53.00
Long Jump	23-00 / 7.01m
Triple Jump	47-06 / 14.48m
High Jump	6-08 / 2.03m
Pole Vault	15-10 / 4.83m
Shot Put	58-00 / 17.68m
Discus	185-00 / 56.39m
Javelin	195-00 / 59.44m
Hammer	190-00 / 57.92m
Weight Throw	70-00 / 21.37m
Decathlon	E mail Coach
Heptathlon	E mail Coach

Women	
Event	Target Recruit
100m	11.90
200m	24.50
400m	55.30
800m	2:12.00
1500m	4:38.00
1600m/mile	4:58.00
3000m	10:00.00
3200m	10:46.00
5000m XC	18:00.00
100m hurdles	14.20
300m hurdles	43.00
400m hurdles	61.50
Long Jump	19-00 / 5.79m
Triple Jump	39-00 / 11.89m
High Jump	5-7/ 1.70m
Pole Vault	12-05 / 3.80m
Shot Put	45-00 / 13.72m
Discus	150-00 / 45.72m
Javelin	140-00 / 42.68m
Hammer	180-00 / 54.87m
Weight Throw	57-00 / 17.38m
Heptathlon	E mail Coach
Pentathlon	E mail Coach

These are the standards we look for by the end of your junior athletic year.
Reaching these standards does not guarantee you a spot on our team.
Other factors, such as GPA and standardized test scores, are considered.