



GEORGIA

TRACK & FIELD

Women's Recruiting Standards

	Target Recruits	Scholarship Standard	Invited Walk-On
100m	11.35	11.48	11.69
200m	23.10	23.39	23.75
400m	52.50	53.20	54.00
800m	2:05.00	2:08.00	2:13.00
1500m	4:23.00	4:32.00	4:41.00
1600m	4:44.00	4:55.50	5:02.00
3200m	10:10.00	10:45.00	11:05.00
100mH	13.20	13.40	13.70
300mH	41.20	42.00	42.70
400mH	57.00	58.25	59.00
High Jump	6'1.5" (1.87m)	5'10.75" (1.80m)	5'8" (1.73m)
Long Jump	20'6.25" (6.25m)	20'0.75" (6.10m)	19'0.5" (5.80m)
Triple Jump	43'7.75" (13.30m)	41'4" (12.60m)	40'0.5" (12.20m)
Shot Put	53'5.75" (15.30m)	49'8.5" (15.15m)	45'11" (14.00m)
Discus	177'2" (54.00m)	162'5" (49.50m)	147'7" (45.00m)
Javelin	180'5" (55.00m)	160'9" (49.00m)	141'1" (43.00m)
Hammer	205'0" (62.50m)	192'9" (58.75m)	180'5" (55.00m)
Pole Vault	13'5" (4.11m)	13'7.75" (3.98m)	12'7.5" (3.85m)

Men's Recruiting Standards

	Target Recruits	Scholarship Standard	Invited Walk-On
100m	10.25	10.35	10.50
200m	20.55	20.70	21.25
400m	46.20	46.80	47.20
800m	1:48.50	1:51.00	1:52.75
1500m	3:47.00	3:53.00	3:59.00
1600m	4:09.00	4:15.00	4:19.00
3200m	8:50.00	9:12.00	9:18.00
110mH	13.45	13.65	13.90
300mH	36.10	36.50	37.10
400mH	51.00	51.75	52.50
High Jump	7'3 (2.21m)	7'0.25" (2.14m)	6'9" (2.06m)
Long Jump	25'5.25" (7.75m)	24'5" (7.55m)	24'0" (7.32m)
Triple Jump	51'2.25" (15.60m)	49'4.5" (15.05m)	47'7" (14.50m)
Shot Put	65'0" (19.81m)	59'0.75" (18.00m)	57'0" (17.37m)
Discus	200'0" (60.96m)	185'4" (56.50m)	169'11" (51.81m)
Javelin	230'0" (70.10m)	218'2" (66.50m)	200'0" (60.96m)
Hammer	234'11" (71.62m)	223'1" (68.00m)	200'0" (60.96m)
Pole Vault	17'0" (5.18m)	16'2.5" (4.94m)	15'5" (4.70m)

Scholarships can range in value from 1-100%

Reaching these standards will not guarantee you an athletic scholarship or spot on the UGA Track & Field team.

Multiple factors are considered including: academic performance, consistent wind legal marks, scholarship availability and team needs





TROJANS

Track & Field

2023-24 Recruiting Standards – MEN

This chart is an indicator of the caliber of athlete that we look for at the University of Southern California. However, scholarships may be awarded to athletes who do not fit the criteria below pending the coach's discretion. If you have any questions please feel free to contact us by e-mail at nathanc8@usc.edu.

Event	Considered For Athletic Aid	Invited Walk-On
100m	10.30	10.60
200m	20.75	21.50
400m	46.30	47.30
800m	1:49.00	1:54.00
1500m	3:47.00	3:59.00
1600m	4:04.00	4:17.00
3200m	8:52.00	9:15.00
110m hurdles	13.50	14.10
300m hurdles	36.30	37.10
400m hurdles	51.00	52.50
High Jump	7'2 1/2" (2.20m)	6'9" (2.06m)
Long Jump	25'5 1/4" (7.75m)	23'5 1/2" (7.15m)
Triple Jump	51'3" (15.62m)	48'0" (14.64m)
Shot Put (12lb)	65'0" (19.81m)	57'0" (17.37m)
Discus (1.6k)	200'0" (60.96m)	170'0" (51.81m)
Javelin (800g)	230'0" (70.10m)	200'0" (60.96m)
Hammer (12lb)	235'0" (71.62m)	200'0" (60.96m)
Pole Vault	17'3" (5.26m)	15'5" (4.70m)

FIGHT ON!



TROJANS

Track & Field

2023-24 Recruiting Standards – WOMEN

This chart is an indicator of the caliber of athlete that we look for at the University of Southern California. However, scholarships may be awarded to athletes who do not fit the criteria below pending the coach's discretion. If you have any questions please feel free to contact us by e-mail at nathanc8@usc.edu.

Event	Considered For Athletic Aid	Invited Walk-On
100m	11.35	11.80
200m	23.20	24.20
400m	53.20	55.00
800m	2:06.00	2:13.00
1500m	4:23.00	4:41.00
1600m	4:43.00	5:00.00
3200m	10:10.00	11:00.00
100m hurdles	13.20	13.90
300m hurdles	41.70	43.00
400m hurdles	57.00	60.00
High Jump	6' $\frac{3}{4}$ " (1.85m)	5'8" (1.73m)
Long Jump	20'6" (6.25m)	19'0" (5.80m)
Triple Jump	42' 8" (13.00m)	40'0" (12.20m)
Weight Throw	62'6" (19.05m)	55'0" (16.76m)
Shot Put	50'0" (16.15m)	43'0" (13.10m)
Discus	170'0" (51.81m)	140'0" (42.67m)
Javelin	165'0" (50.29m)	140'0" (42.67m)
Hammer	210'0" (64.00m)	180'0" (54.86m)
Pole Vault	13'6" (4.11m)	12'6" (3.85m)
Heptathlon	5600pts	5350pts

FIGHT ON!



Florida State University

Track & Field and Cross Country

Athletic Scholarship Standards and Walk-On Consideration



	Target Recruits	Minimal Scholarship Standard	Walk-On Standard	Target Recruits	Minimal Scholarship Standard	Walk-On Standard
Event	MEN	Men	Men	WOMEN	Women	Women
100m	10.25	10.35	10.45	11.40	11.60	11.79
200m	20.70	20.90	21.10	23.40	23.70	24.10
400m	46.10	46.50	47.50	52.80	53.60	54.80
800m	1:49.0	1:50.0	1:52.0	2:05.0	2:08.0	2:12.0
1600m	4:03.0	4:08.0	4:12.0	4:42.0	4:48.0	4:57.0
1500m	3:48.0	3:52.0	3:57.0	4:22.0	4:28.0	4:37.0
3200m	8:49.0	8:59.0	9:08.0	10:10.0	10:20.0	11:00.0
3000m	8:15.0	8:25.0	8:34.0	9:38.0	9:50.0	10:15.0
100/110H	13.50	13.70	14.10	13.30	13.60	14.00
300H	36.39	37.00	38.20	41.50	42.50	43.50
400H	51.00	51.80	53.20	58.50	59.50	1:00.50
LJ	25-5	24-9	24-0	20-8	19-8	19-0
	7.74m	7.54m	7.31m	6.30m	5.99m	5.79m
TJ	52-0	51-0	49-0	42-6	41-6	40-0
	15.69m	15.54m	14.93m	12.95m	12.64m	12.19m
HJ	7-2	7-0	6-10	5-11	5-10	5-8
	2.18m	2.13m	2.08m	1.80m	1.77m	1.72m
PV	17-4	17-0	16-0	13-7	13-3	12-6
	5.28m	5.18m	4.87m	4.14m	4.03m	3.81m
SP	67-0	63-0	60-0	50-5	47-0	44-0
	20.42m	19.20m	18.28m	15.36m	14.32m	13.41m
DT	205-0	190-0	185-0	170-0	155-0	147-0
	62.50m	57.91m	56.38m	51.81m	47.24m	44.80m
JAV	225-0	210-0	190-0	160-0	150-0	140-0
	68.58m	64.00m	57.91m	48.77m	45.72m	42.67m
HAM	230-0	220-0	200-0	180-0	170-0	140-0

Reaching these standards will not guarantee you an athletic scholarship or spot on the team. Multiple factors are considered including, academic performance, scholarship availability and team needs. Also note that scholarships can range in value from 1-100%.

Competition for scholarships is keen between high school, junior college, international and current FSU athletes. If you've met the above standards we encourage you to contact us!

Cross country athletes will be evaluated on performances at their State Championship, Foot Locker and Nike regional and national competitions.



MIAMI HURRICANES

Athletic Scholarship & Walk-On Consideration Standards

Women

Men

<u>Event</u>	<u>Scholarship</u>	<u>Walk-On</u>	<u>Scholarship</u>	<u>Walk-On</u>
100M	11.45	12.00	10.35	10.80
200M	23.50	24.70	20.90	21.90
400M	53.30	57.00	46.50	49.00
800M	2:08.5	2:18.0	1:49.0	1:54.0
1600M	4:52.0	5:18.0	4:10.0	4:18.0
1500M	4:32.0	4:58.0	3:52.0	3:58.0
3200M	10:30.0	11:25.0	9:05.0	9:25.0
3000M	9:50.0	10:38.0	8:28.0	8:50.0
100M Hurdles	13.50	14.20	13.60	14.50
110M Hurdles Men				
300M Hurdles	41.0	44.50	36.80	38.50
400M Hurdles	58.20	61.0	51.70	54.0
High Jump	6'1" (1.85m)	5'4.25" (1.63m)	7'2.5" (2.20m)	6'6.75" (2.00m)
Pole Vault	14'1.25" (4.30m)	12' (3.66m)	17'4.75" (5.30m)	15'5" (4.70m)
Long Jump	20'6" (6.25m)	18'6.5" (5.65m)	25'3.25" (7.70m)	23' (7.01m)
Triple Jump	42'7.75" (13m)	39'4.5" (12m)	52' (15.85m)	48'10.5" (14.90m)
Shot Put	49'1" (15m)	44'2" (13.5m)	65'7" (20m)	59'1" (18m)
Discus	164'1" (50m)	144'3" (44m)	200'2" (60m)	180'5" (55m)
Javelin	150'1" (46m)	131'3" (40m)	249'4" (76m)	200'2" (60m)
Hammer	190'3" (58m)	175'6" (53.50m)	229'8" (70m)	213'3" (60m)
Weight Throw	59'1" (18m)	52'6" (16m)	72'2" (22m)	67'3" (20.50m)
		<u>Heptathlon</u>		<u>Decathlon</u>
	5600		4850	
			7600	
				6600



TRACK AND FIELD/CROSS COUNTRY RECRUITING STANDARDS

WOMEN			Event	MEN		
Walk-On	Scholarship	Target		Walk-On	Scholarship	Target
12.10	11.70	11.45	100m	10.80	10.60	10.45
25.00	24.00	23.50	200m	22.00	21.50	21.00
57.00	54.50	53.50	400m	48.50	47.50	46.50
2:12	2:10	2:06	800m	1:53	1:51	1:49
5:05	4:50	4:45	1600m	4:16	4:08	4:05
11:00	10:20	10:10	3200m	9:15	9:00	8:50
14.50	13.90	13.50	100/110mH	14.20	13.90	13.60
43.50	42.50	41.70	300mH	38.50	37.50	36.50
61.00	59.50	58.00	400mH	53.00	52.00	51.00
18-6 5.65m	19-6 5.95m	20-6 6.25m	LONG JUMP	23-6	24-6	25-6
11.48m	12.04m	12.80m		7.16m	7.47m	7.78m
38-0 11.48m	40-6 12.04m	42-6 12.80m	TRIPLE JUMP	48-0	50-0	52-0
5-6 1.68m	5-9 1.76m	5-11 1.81m		14.64m	15.25m	15.85m
12-0 3.66m	13-0 3.97m	14-0 4.27m	POLE VAULT	6-8	7-0	7-2
43-0 13.10m	47-0 14.35m	50-0 15.25m		2.04m	2.09m	2.19m
140-0 42.70m	155-0 47.25m	165-0 50.30m	SHOT PUT	15-6	16-6	17-0
150-0 45.70m	175-0 53.35m	198-0 60.35m		4.73m	5.03m	5.19m
130-0 39.60m	150-0 45.70m	160-0 48.75m	DISCUS	57-0	60-0	65-0
42.70m	47.25m	50.30m		17.40m	18.30m	19.80m
140-0 42.70m	155-0 47.25m	165-0 50.30m	HAMMER	170-0	185-0	200-0
150-0 45.70m	175-0 53.35m	198-0 60.35m		51.80m	56.40m	61.00m
130-0 39.60m	150-0 45.70m	160-0 48.75m	JAVELIN	190-0	215-0	225-0
42.70m	47.25m	50.30m		57.90m	65.50m	68.60m
130-0 39.60m	150-0 45.70m	160-0 48.75m	JAVELIN	180-0	200-0	225-0
42.70m	47.25m	50.30m		54.85m	60.95m	68.60m

☞ These performances are for the consideration of athletic scholarship and do not guarantee an award or roster spot

☞ Athletic scholarships can range from 1-100%

☞ **All sprint/hurdle times must be wind legal and Fully Automatic Timed (FAT) marks (Relay splits not applicable)

☞ Cross country times might be considered by the coaching staff if the athlete is close to achieving performances above





Roster Spot Guidelines

Men			Women			
Walk On	Scholarship (partial)	Target	Event	Target	Scholarship (partial)	Walk on
10.75	10.50	10.30	100M	11.40	11.70	11.95
21.75	21.40	21.00	200M	23.30	23.80	24.75
48.50	47.50	46.00	400M	53.00	54.50	57.00
1:54.00	1:52.50	1:50.00	800M	2:07.00	2:10.00	2:15.00
3:59.00	3:53.00	3:47.00	1500M	4:26.00	4:30.00	4:40.00
4:16.00	4:10.00	4:04.00	Mile	4:43.00	4:51.00	5:00.00
8:40.00	8:35.00	8:20.00	3000M	9:30.00	9:50.00	10:15.00
9:05.00	8:59.00	8:52.00	3200M	10:15.00	10:30.00	10:55.00
14.75	14.25	13.70	110H/100H	13.40	13.65	14.50
54.75	53.50	51.50	400MH	57.50	59.00	1:02
6'7"	6'10"	7'1"	High Jump	5'11"	5'8"	5'5"
15'8"	16'6"	17'2"	Pole Vault	13'6"	12'8"	11'6
23'	24'	25'	Long Jump	20'	19'6"	18'6"
47'	49'	51'	Triple Jump	41'	39'	38'
58'	61'	65'	Shot Put	48'	46'	43'
180'	190'	200'	Discus	175'	165'	140'
180'	200'	225'	Javelin	165'	150'	135'
185'	200'	215'	Hammer	200'	185'	165'
64'	67'	70'	Weight	65'	60'	55'
---	---	---	5K XC	17:15.00	17:45.00	18:45.00

This chart serves as a guideline for the athletic standards that we are looking for in our program. Meeting these posted standards will not guarantee you an athletic scholarship or a spot on the team. Many other variables such as admissions, scholarship availability, and team needs are considered. Scholarships can range in value from 1% to 100%.

Indiana University Track and Field Recruiting Guidelines

Please review the following performance guidelines for consideration for a roster spot and athletic aid. Guidelines established based on the competitiveness of our roster as well as the competitiveness of the Big Ten Conference and NCAA Championships.

	Men		Women	
	Walk-On	Athletic Aid	Walk-On	Athletic Aid
100	10.70	10.50	11.90	11.70
200	21.75	21.30	24.70	24.20
400	48.50	47.20	56.00	55.00
800	1:53	1:51	2:15	2:10
1600	4:15	4:10	5:05	4:54
3200	9:10	9:00	11:00	10:35
110H	14.24	13.90	14.30	13.90
300H	37.50	36.80	43.80	42.50
Long Jump	23'0"	23'6"	18'6"	19'6"
Triple Jump	47'6"	50'0"	38'6"	40'0"
High Jump	6'9"	6'11"	5'7"	5'9"
Shot Put	57'0"	59'0"	43'0"	45'0"
Discus	165'0"	188'0"	137'0"	150'0"
Hammer	180'0"	215'0"	150'0"	175'0"
Javelin	190'0"	220'0"	140'0"	155'0"
Pole Vault	16'0"	17'4"	12'0"	13'0"
Heptathlon			4600	5000
Decathlon	6800	7400		

*Guidelines subject to further evaluation and consideration

*Only FAT performances will be considered

Thank you for your interest in the Ole Miss Track & Field/Cross Country program. We encourage you to browse our website/social media platforms for more information about our program. Please be sure to review our scholarship and walk-on standards found below. Feel free to contact our recruiting coordinator if you need further information.

GO REBELS!

Ole Miss Track & Field Athletic Standards for Scholarship and Walk-on Consideration**

Event	Target Recruits MEN	Scholarship Standard MEN	Walk-on Standard MEN	Target Recruits WOMEN	Scholarship Standard WOMEN	Walk-on Standard WOMEN
100m	10.15	10.30	10.50	11.25	11.50	11.70
200m	20.60	21.00	21.50	22.90	23.50	23.95
400m	46.00	46.50	48.00	52.50	53.50	54.50
800m	1:48	1:50	1:52	2:06	2:10	2:15
1600m	4:02	4:05	4:12	4:45	4:51	5:05
3200m	8:53	9:00	9:10	10:18	10:30	11:00
100/110H	13.56	13.70	14.00	13.25	13.50	13.80
400H	51.00	52.80	54.00	58.00	59.00	60.00
LJ	25'05	23'10	23'	20'3	19'	18'
TH	50'	48'	47'	42'	40'	38'
PV	17'	16'8	16'	13'5	13'4	12'6
HJ	7'2	6'8	6'7	5'10	5'8	5'6
SP	70'	67'	63'	55'	52'	45'
DS	205'	195'	185'	175'	165'	140'
JAV	225'	210'	190'	155'	150'	135'
HAM	240'	225'	200'	205'	190'	160'

**Each year there are a limited number of scholarships and roster spaces available, and left to the discretion of each event coach in agreement with the head coach. Please keep in mind that scholarship and roster space is extremely competitive to obtain. In addition to high school athletes, we also consider junior college graduates, transfers, international student-athletes and current members of our team.



DUKE TRACK & FIELD SCHOLARSHIP STANDARDS

	WOMEN		MEN		
EVENT	SCHOLARSHIP STANDARD	WALK-ON STANDARD	EVENT	SCHOLARSHIP STANDARD	WALK-ON STANDARD
100m	11.45	12.00	100m	10.35	10.80
200m	23.50	24.70	200m	20.90	21.90
400m	53.30	56.00	400m	46.50	49.00
800m	2:05	2:12	800m	1:49	1:52
1600m	4:45	4:55	1600m	4:08	4:13
3200m	10:15	10:30	3200m	8:55	9:10
100m hurdles	13.50	14.10	110m hurdles	13.60	14.50
300m hurdles	41.50	43.00	300m hurdles	36.80	38.50
400m hurdles	58.20	61.00	400m hurdles	51.70	54.00
High Jump	6' 1"	5'5"	High Jump	7' 2"	6' 6"
Long Jump	20' 6"	18' 7"	Long Jump	25' 0"	23' 0"
Triple Jump	42' 6"	39' 0"	Triple Jump	52' 0"	49' 0"
Pole Vault	13' 9"	13' 0"	Pole Vault	17' 0"	15' 9"
Shot Put (4K)	49' 1"	44' 2"	Shot Put (12#/5.44K)	65' 7"	59' 1"
Discus	164' 1"	144" 3"	Discus (1.6K)	200' 2"	180' 5"
Javelin	150' 1"	131' 3"	Javelin	249' 4"	200' 2"
Hammer Throw	190" 3"	175' 6"	Hammer (12#/5.44K)	229' 8"	213' 3"
Weight Throw	59' 1"	52' 6"	Weight Throw (25#)	72' 2"	67' 3"



TRACK & FIELD



ARIZONA TRACK AND FIELD



Please find below our standards for walk-on and scholarship consideration for the University of Arizona:

<u>EVENT</u>	<u>MEN</u>		<u>WOMEN</u>	
	<u>WALK-ON</u>	<u>SCHOLARSHIP</u>	<u>WALK-ON</u>	<u>SCHOLARSHIP</u>
100M	10.65	10.40	11.90	11.70
200M	21.60	21.30	24.75	24.10
400M	47.90	46.80	55.20	54.50
High Hurdles	14.20	13.80	14.30	13.80
300IM	38.50	37.00	44.50	43.00
400IM	55.00	53.50	63.00	60.50
800M	1:53.00	1:51.00	2:12.00	2:09.00
1600M	4:15.00	4:10.00	5:05.00	4:50.00
3200M	9:15.00	9:00.00	11:00.00	10:20.00
Long Jump	24'0"	24'5"	19'0"	19'5"
Triple Jump	48'0"	49'5"	40'0"	41'0"
High Jump	6'6"	6'10"	5'8"	5'10"
Pole Vault	15'0"	16'0"	12'6"	13'0"
Shot Put	56'0"	62'0"	43'0"	48'0"
Discus	175'0"	190'0"	140'0"	160'0"
Javelin	190'0"	220'0"	130'0"	150'0"
Hammer	180'0"	200'0"	155'0"	180'0"
Multi Events	6700pts	7000pts	4800pts	5200pts

TCU Men's XC/Track & Field Recruitment Standards

Event	High School Scholarship Consideration	Transfer Scholarship Consideration	High School Walk-on Standard	Transfer Walk-on Standard
100m	10.55	10.45	10.70	10.50
200m	21.30	21.10	21.65	21.30
400m	47.20	46.90	47.50	47.35
800m	1:50.50	1:49.60	1:51.50	1:50.50
1600m (HS)/1500m	4:12.00 (1600m)	3:44.50 (1500m)	4:16.00 (1600m)	3:46.00 (1500m)
3200m (HS)/3000m	9:10.00 (3200m)	7:58.00 (3000m)	9:15.00 (3200m)	8:10.00 (3000m)
3000ST	N/A	9:08.50	N/A	9:15.00
5000m	14:40.00	13:50.30	15:00.00	14:10.00
10,000m	N/A	29:05.30	N/A	29:20.00
110H	14.10	13.90	14.20	14.10
400H/300H	52.50/37.50	51.40	53.50/38.45	52.00
High Jump	2.06m (6'9")	2.15m	2.01m (6'7")	2.08m
Long Jump	7.40m (24'3.5")	7.55m	7.30m (23'11.5")	7.45m
Triple Jump	15.65m (51'2")	15.65m	15.00m (49'4")	15.40m
Pole Vault	5.13m (16'10")	5.20m	5.00m (16'4.75")	5.08m
Discus Throw	53.00m (174'0")	56.80m	50.00m (164'1.75")	53.00m
Hammer Throw	55.00m (180'0")	65.00m	53.00m (174'0")	59.50m
Javelin Throw	60.00m (197'0")	68.00m	58.00m (191'0")	62.50m
Shot Put	17.40m (57'1.75")	18.00m	16.70m (55'4")	17.25m
Decathlon	6750pts	7450pts	6500pts	7350pts
5K (Cross Country)	15:10.00	N/A	15:20.00	N/A
8K (Cross Country)	N/A	25:10.00	N/A	25:35.00

TCU Women's XC/Track & Field Recruitment Standards

Event	High School Scholarship Consideration	Transfer Scholarship Consideration	High School Walk-on Standard	Transfer Walk-on Standard
100m	11.60	11.45	11.70	11.60
200m	23.85	23.50	23.99	23.90
400m	54.80	53.50	55.20	54.50
800m	2:09.00	2:07.50	2:10.00	2:08.75
1600m (HS)/1500m	4:53.00 (1600m)	4:20.50 (1500m)	4:55.00 (1600m)	4:24.00 (1500m)
3200m (HS)/3000m	10:40.00 (3200m)	9:10.00 (3000m)	11:00.00 (3200m)	9:30.00 (3000m)
3000ST	N/A	10:26.00	N/A	10:30.00
5000m	16:50.00	16:10.00	17:30.00	16:20.00
10,000m	N/A	33:20.00	N/A	33:35.00
100H	13.80	13.64	13.90	13.89
400H/300H	60.00/42.85	59.00	62.00/43.85	61.00
High Jump	1.70m (5'7")	1.77m	1.65m (5'5")	1.73m
Long Jump	6.10m (20'0.25")	6.25m	5.90m (19'4.5")	6.10m
Triple Jump	12.50m (41'0")	12.80m	12.35m (40'6.25")	12.60m
Pole Vault	4.00m (13'1.5")	4.15m	3.85m (12'7.5")	4.00m
Discus Throw	57.00m (187'0")	57.00m	46.00m (151'0")	51.00m
Hammer Throw	53.00m (173'0.75")	60.00m	50.00m (164'1.75")	58.00m
Javelin Throw	46.00m (151'0")	50.00m	44.00m (145'0")	45.00m
Shot Put	14.06m (46'1")	16.35m	13.43m (44'0.75")	15.70m
Heptathlon	5300pts	5500pts	5000pts	5400pts
5K (Cross Country)	17:30.00	16:45.00	18:00.00	17:00.00
6K (Cross Country)	N/A	22:00.00	N/A	22:28.00



Rutgers University

Men's and Women's XC/Track & Field Scholarship & Walk On Standards



Important Considerations for Scholarship and Walk On Offers

Athletic scholarships may range from 1-100%

Scholarship availability varies every year depending on graduations of previous year

Each year may vary depending on team strengths and current needs

Competing and meeting the standards in multiple events increases the potential for aid

All sprint and hurdle times must be FAT / Hand times will not be considered

Academic performance is a critical aspect of consideration

Performances at State & National Championship are evaluated

Consistency at standard is heavily favored

Coaching staff's evaluation of potential development is highly considered

Integrity, character, values, leadership skills and prioritization on team success are critical

Event	Target Recruits (Women)	Scholarship Standard (Women)	Walk-on Consideration (Women)	Target Recruits (Men)	Scholarship Standard (Men)	Walk-on Consideration (Men)
55m	6.92	7.06	7.24	6.28	6.37	6.51
60m	7.45	7.60	7.80	6.75	6.85	7.00
100m	11.55	11.80	12.00	10.35	10.55	10.75
200m	23.80	24.30	24.90	20.90	21.40	21.85
300m	38.67	39.75	40.82	33.51	34.09	34.73
400m	54.00	55.50	57.00	46.80	47.60	48.50
800m	2:08.00	2:12.00	2:16.00	1:50.5	1:52.5	1:54.5
1500m	4:25.00	4:30.00	4:44.00	3:49.5	3:55.5	3:59.5
1600m	4:45.00	4:55.00	5:05.00	4:06.5	4:12.5	4:18.5
3000m	9:30.00	9:50.00	10:27.00	8:19.5	8:32.5	8:41.5
3200m	10:20.00	10:40.00	11:10.00	8:56.0	9:06.0	9:20.5
55mH	7.80	8.00	8.40	7.10	7.35	7.55
60mH	8.39	8.60	9.03	7.64	7.91	8.13
100mH/110mH	13.65	14.00	14.40	13.85	14.10	14.40
300mH	41.70	43.00	44.00	36.80	37.50	38.20
400mH	59.00	61.00	63.00	51.50	52.50	53.50
Pole Vault	13' 6" (4.12m)	13' 0" (3.97m)	12' 6" (3.81m)	17' 0" (5.18m)	16' 3" (4.95m)	15' 6" (4.72m)
High Jump	5' 10" (1.78m)	5' 8" (1.72m)	5' 6" (1.68m)	7' 2" (2.18m)	6' 10" (2.08m)	6' 8" (2.03m)
Long Jump	20' 3" (6.17m)	19' 0" (5.79m)	18' 3" (5.56m)	25' 1" (7.64m)	24' 3" (7.39m)	23' 6" (7.16m)
Triple Jump	41' 0" (12.49m)	39' 9" (12.11m)	38' 0" (11.58m)	51' 9" (15.77m)	49' 9" (15.16m)	48' 0" (14.63)
Shot Put	50' 0" (15.24m)	46' 0" (14.02m)	42' 6" (12.95m)	64' 0" (19.51m)	60' 0" (18.29m)	57' 0" (17.37m)
Discus	170' 0" (51.81m)	155' 0" (47.24m)	135' 0" (41.15m)	200' 0" (60.96m)	185' 0" (56.39m)	170' 0" (51.81m)
Javelin	160' 0" (48.77m)	150' 0" (45.72m)	135' 0" (41.15m)	225' 0" (68.58m)	210' 0" (64.01m)	185' 0" (56.39m)
Hammer	180' 0" (54.86m)	170' 0" (51.81m)	140' 0" (42.67m)	225' 0" (68.58m)	200' 0" (60.96m)	185' 0" (56.39m)
Heptathlon/Decathlon	5200	4700	4200	7100	6700	6300

Kennesaw State University Track and Field

Walk-On/Scholarship Standards

Women		
Event	Walk-On	Scholarship
100m	12.2	11.8
200m	25	24.4
400m	58	56
800m	2:19	2:14
Mile	5:20	5:08
3200m	11:30	11:00
100H	14.80	14.30
300H	45.00	44.00
Long Jump	18'	19'
Triple Jump	38'	39'
High Jump	5'4	5'6
Pole Vault	11'6	12'
Shot Put	40'	44'
Discus	125'	140'
Hammer	45m	50m
Weight	14.5m	16m
Javelin	35m	40m

Men		
Event	Walk-On	Scholarship
100m	10.8	10.6
200m	21.9	21.5
400m	49	48
800m	1:57	1:53
Mile	4:26	4:18
3200m	9:50	9:25
110H	14.40	14.10
300H	38.50	37.80
Long Jump	23'	24'
Triple Jump	48'	49'
High Jump	6'7	6'9
Pole Vault	15'	15'8
Shot Put	56'	59'
Discus	170'	180'
Hammer	55m	58m
Weight	17m	19m
Javelin	50m	55m



Scholarship & Walk-On Standards

EVENT	MEN			WOMEN		
	KEY TARGET MARK	SCHOLARSHIP CONSIDERATION	RECRUITED WALK-ON CONSIDERATION	KEY TARGET MARK	SCHOLARSHIP CONSIDERATION	RECRUITED WALK-ON CONSIDERATION
100m	10.40	10.60	10.80	11.50	11.85	12.15
200m	20.80	21.30	21.60	23.80	24.30	24.90
400m	46.80	47.50	49.00	54.50	57.00	58.50
800m	1:49.0	1:54.0	1:58.0	2:10.0	2:15.0	2:22.0
1600m	4:10.0	4:20.0	4:35.0	4:55.0	5:15.0	5:29.0
3200m	9:10.0	9:30.0	9:50.0	10:55.0	11:30.0	12:00.0
110h 39"	13.60	13.90	14.20			
110h 42"	13.70	13.90	14.20			
100h HS				13.60	13.90	14.50
100h Tr				13.30	13.70	14.10
300h	36.40	37.00	38.00	41.70	42.20	43.50
400h	51.00	53.00	55.00	58.50	60.00	62.00
Long Jump	25'0"	24'0"	23'0"	20'0"	19'0"	18'0"
Triple Jump	51'0"	49'0"	47'0"	41'0"	39'0"	38'0"
High Jump	7'0"	6'9"	6'5"	5'10"	5'7"	5'5"
Pole Vault	17'6"	16'6"	15'6"	13'0"	12'0"	11'6"
Shot Put	60'0"	52'0"	47'0"	50'0"	47'0"	43'0"
Discus	185'0"	165'0"	150'0"	165'0"	155'0"	140'0"
Hammer	220'0"	200'0"	180'0"	195'0"	175'0"	150'0"
Javelin	230'0"	200'0"	170'0"	160'0"	140'0"	120'0"



Marshall University Track & Field and Cross Country
Scholarship and Walk-on Recruiting Standards

Thank you for your interest in the Herd Track & Field and Cross Country program! We encourage you to browse our website at www.herdzone.com and www.marshall.edu for more information about Marshall University and our Athletic Department.

The standards below are a reference for student-athletes who are interested in competing in collegiate track & field and cross country at Marshall University.

Event	Men: Scholarship	Men: Walk on	Women: Scholarship	Women: Walk On
100	10.7	11.1	12.0	12.20
200	21.7	22.5	24.9	25.5
400	48.5	49.8	56.9	58.9
800	1:55	2:00	2:16	2:25
1600	4:20	4:34	5:10	5:30
3200	9:20	9:45	11:15	12:00
110/100h	14.4	14.8	14.2	14.8
300h	38.5	39.8	43.5	44.8
Long Jump	23'6	22'6	18'6	18'0
High Jump	6'7	6'2	5'7	5'2
Triple Jump	45'6	44'0	39'6	37'0
Pole Vault	15'8	14'6	12'6	11'8
Shot Put	58'0	53'0	43'0	40'0
Discus Throw	170'0	150'0	140'0	125'0
Javelin Throw	180'0	160'0	125'0	110'0

Please note that these standards do not guarantee a student-athlete a scholarship or a spot on the roster. These are merely baseline standards that our coaching staff uses when determining our recruiting guidelines. We are aware that other intangibles and factors need to be considered when recruiting. Therefore, our staff has discretion to decide who to recruit regardless of performance.

Please feel free to reach out to our coaching staff for more information.

Go Herd!



Middle Tennessee State University

Track & Field/Cross Country

Athletic Scholarship Standards

and Walk-On Consideration

	Men's Scholarship Standard	Men's Walk-On Standard	Women's Scholarship Standard	Women's Walk-On Standard
Event				
100m	10.75	11.00	11.95	12.20
200m	21.75	22.00	24.75	26.00
400m	48.00	50.00	57.00	60.00
800m	1:55.00	1:59.00	2:18.00	2:25.00
1600m	4:30.00	4:40.00	5:15.00	5:30.00
3200m	9:40.00	10:00.00	11:20.00	12:00.00
5K (XC)	16:00	16:30	19:00	19:45
100/ 110H	14.50	15.00	14.25	14.75
300/ 400H	39.00/ 57.00	42.00/ 60.00	44.50/ 1:02.50	47.00/ 1:05.00
LJ	7.16 (23'6")	6.86 (22'6")	5.71 (18'9")	5.41 (17'9")
TJ	14.17 (46'6")	13.72 (45'0")	11.81 (38'9")	10.97 (36'0")
HJ	2.03 (6'8")	1.83 (6'0")	1.67 (5'5.75")	1.55 (5'1")
PV	5.50 (18'0.5")	5.30 (17'4.5")	4.30 (14'1.25")	4.20 (13'9.25")
SP	17.07 (56'0")	16.00 (52'6")	13.72 (45'0")	12.50 (41'0")
DT	51.82 (170'0")	48.77 (160'0")	42.67 (140'0")	39.62 (130'0")
Jav	56.39 (185'0")	51.82 (170'0")	44.20 (145'0")	39.62 (130'0")
Ham	54.86 (180'0")	51.82 (170'0")	53.34 (175'0")	50.29 (165'0")

If you have met the above standards, we encourage you to contact us! Please note: these standards are marks that we expect prospective student-athletes to have achieved by the end of their junior track season, with the exception of the cross-country marks. However, athletes that reach these marks during their senior season are still encouraged to contact us!

Reaching these standards will not guarantee you an athletic scholarship or spot on the team. Multiple factors are considered including, but not limited to, academic performance, scholarship availability, and team needs. Also, note that scholarships can range in value from 1-100%. In addition to high school athletes, we consider junior college, international, and current MTSU athletes for available scholarships.

XC athletes will mainly be evaluated on performances at their State Championship and National competitions.