

## University at Albany T&F/XC Team Standards

Event	Men
	2019-2020
55m	6.56
60m	7.05
100m	11.01
200m	22.32
300m	35.83
400m	49.76
500m	1:06.71
600m	1:22.50
800m	1:55.07
1,000m	2:34.00
1,500m	3:57.23
1,600m	4:17.11
1 mile	4:18.61
3,000m	8:34.21
3,200m	9:12.00
2 mile	9:15.19
5,000m	15:02.08
10,000m	32:41.44
4,000m XC	XC is based on courses/times run
5,000m XC	
8,000m XC	
10,000m XC	
55m HH - 39"	7.77
55m HH - 42"	8.07
60m HH - 39"	8.38
60m HH - 42"	8.68
110m HH - 39"	14.86
110m HH - 42"	15.36
300m IH	39.68
400m IH	55.41
2,000m SC	6:12.91
3,000m SC	9:41.73
Pentathlon	3,040 points
Heptathlon	4,250 points
Decathlon	5,175 points
High Jump	1.93m / 6' 04.00"
Pole Vault	4.30m / 14' 01.25"
Long Jump	6.80m / 22' 03.75"
Triple Jump	14.02m / 46' 00.00"
Shot Put - 12#	16.25m / 53' 03.75"
Shot Put - 6kg	15.70m / 51' 06.25"
Shot Put - 16#	14.50m / 47' 07.00"
Weight - 25#	19.33m / 63' 05.00"
Weight - 35#	15.43m / 50' 07.50"
Discus - 1.6 kg	49.13m / 161' 02.00"
Discus - 1.75 kg	45.82m / 150' 04.00"
Discus - 2kg	43.04m / 141' 02.00"
Hammer - 12#	53.90m / 176' 10.00"
Hammer - 6kg	51.15m / 167' 09.00"
Hammer - 16#	48.62m / 159' 06.00"
Javelin - 800gr	51.67m / 169' 06.00"

Event	Women
	2019-2020
55m	7.26
60m	7.82
100m	12.27
200m	25.18
300m	41.08
400m	58.51
500m	1:17.20
600m	1:37.27
800m	2:16.71
1,000m	2:59.92
1,500m	4:42.10
1,600m	5:06.85
1 mile	5:08.64
3,000m	10:00.71
3,200m	10:44.86
2 mile	10:48.59
5,000m	17:41.75
10,000m	37:45.43
4,000m XC	XC is based on courses/times run
5,000m XC	
6,000m XC	
10,000m XC	
55m HH	8.39
60m HH	9.02
100m HH	14.90
300m IH	46.48
400m IH	1:04.91
2,000m SC	7:22.26
3,000m SC	11:29.94
Pentathlon	2,950 points
Heptathlon	3,650 points
High Jump	1.62m / 5' 03.75"
Pole Vault	3.10m / 10' 02.00"
Long Jump	5.33m / 17' 05.75"
Triple Jump	11.32m / 37' 01.75"
Shot Put	12.26m / 40' 02.75"
20# Weight	15.00m / 49' 02.50"
Discus	38.42m / 126' 00.00"
Hammer	45.42m / 149' 00.00"
Javelin	35.59m / 116' 09.00"

These are minimum team standards,  
meeting any of these standards does not  
guarantee a roster spot.  
The performances listed are not  
scholarship standards.