

TRACK & FIELD/XC TEAM STANDARDS

Women	Event	Men
7.26	55m	6.56
7.82	60m	7.05
12.27	100m	11.01
25.18	200m	22.32
41.62	300m	35.49
58.11	400m	49.55
1:16.90	500m	1:06.68
1:39.07	600m	1:22.50
2:16.71	800m	1:54.77
2:59.92	1,000m	2:34.00
4:42.10	1,500m	3:57.23
5:06.85	1,600m	4:17.11
5:08.64	1-Mile	4:18.61
10:00.71	3,000m	8:34.21
10:44.86	3,200m	9:12.00
10:48.59	2-Mile	9:15.19
17:41.75	5,000m	15:02.08
37:45.43	10,000m	32:41.44
	<--4K XC-->	
	<--5K XC-->	
	<--6K XC	
	8K XC-->	
	10K XC-->	
		XC is based on
		courses/times run
8.39	55m HH	7.42 (39"); 7.72 (42")
8.99	60m HH	8.01 (39"); 8.31 (42")
14.90	100m HH	-
-	110m HH	15.07 (39"); 15.37 (42")
46.59	300m IH	40.04
1:05.05	400m IH	55.90
7:19.29	2,000m SC	6:12.91
11:25.29	3,000m SC	9:41.73
1.62m/5-03.75	High Jump	1.93m/6-04.00
3.19m/10-05.50	Pole Vault	4.36m/14-03.50
5.33m/17-05.75	Long Jump	6.80m/22-03.75
11.32m/37-01.75	Triple Jump	14.02m/46-00.00
12.26m/40-02.75	Shot Put	16.25m/53-03.75 (12lb); 15.70m/51-06.25 (6kg); 14.50m/47-07.00 (16lb)
14.92m/48-11.50 (20lb)	Weight Throw	19.33m/63-05.00 (25lb); 15.43m/50-07.50 (35lb)
38.52m/126-04.00	Discus	50.36m/165-03.00 (1.6kg); 46.96m/154-01.00 (1.75kg); 44.11m/144-08.00 (2kg)
45.42m/149-00.00	Hammer	53.90m/176-10.00 (12lb); 51.15m/167-09.00 (6kg); 48.62m/159-06.00 (16lb)
36.11m/118-05.00	Javelin	52.80m/173-03.00 (800g)
2,950 points	Pentathlon	3,150 points
3,750 points	Heptathlon	4,400 points
-	Decathlon	5,250 points



These are minimum team standards. Meeting any of these standards does not guarantee a roster spot.

The performances listed are not scholarship standards.