



Greetings and thank you for your interest in the Auburn Track and Field/Cross Country program. We encourage you to browse our website and online media guide for information about our program. Please be sure to review our scholarship and walk-on standards listed below. Athletes interested in cross country will be evaluated on their placing at the State Championships, Footlocker and Nike Regional and National competitions.

Each year there is a limited number of roster spots and scholarships available and the competition for these scholarships is very tough. If you have met the walk-on or scholarship standards we encourage you to contact us.

EVENT	MEN FULL	MEN PARTIAL	MEN WALK-ON	WOMEN FULL	WOMEN PARTIAL	WOMEN WALK-ON
<b>100</b>	10.30	10.50	10.70	11.45	11.60	11.80
<b>200</b>	20.85	21.10	21.70	23.50	23.80	24.40
<b>400</b>	46.50	47.20	48.20	53.50	54.50	56.00
<b>800</b>	1:49.00	1:51.00	1:54.00	2:05.00	2:09.00	2:16.00
<b>1600</b>	4:04.00	4:10.00	4:16.00	4:45.00	4:52.00	5:05.00
<b>3200</b>	8:45.00	9:05.00	9:15.00	10:20.00	10:45.00	11:10.00

<b>100/110h</b>	13.65	13.95	14.35	13.75	13.95	14.30
<b>300h</b>	36.50	37.40	38.00	41.90	42.95	44.00
<b>400h</b>	51.50	52.50	53.00	57.90	58.90	1:01.00

<b>PV</b>	17'4"	16'9"	16'0"	13'6"	13'0"	12'6"
<b>HJ</b>	7'2"	7'	6'8"	5'11"	5'9"	5'7"
<b>LJ</b>	25'5"	24'5"	23'5"	20'6"	19'6"	18'
<b>TJ</b>	51'6"	49'10"	48'6"	42'	40'	38'

<b>SHOT</b>	64'	61'	59'	50'	47'	45'
<b>DISC</b>	200'	185'	170'	170'	155'	145'
<b>JAV</b>	230'	210'	190'	160'	150'	135'
<b>HAM</b>	230'	210'	195'	190'	170'	140'

\*The scholarship standards list show the performances that receive consideration for athletic aid

\*Sprint/Hurdle times must be electronic timing (F.A.T.)

Thank you and War Eagle!

Coach Spry