

Florida State University
T&F and Cross Country Athletic Standards for Scholarship and Walk-on
Consideration

*****Reaching the posted standards will not guarantee you an athletic scholarship or a spot on the team.**

There are many other variables that have to be considered, SAT or ACT Scores, scholarship availability and team needs. Scholarships can range in value from 1% to 100%.

Event	Target Recruits MEN	Scholarship Standard Men	Walk-on Standard Men	Target Recruits WOMEN	Scholarship Standard Women	Walk-on Standard Women
100	10.35	10.48	10.60	11.50	11.67	12.00
200	20.90	21.25	21.50	23.50	24.00	25.00
400	46.60	47.50	48	53.50	54.50	57.00
800	1:49.95	1:52	1:54	2:06	2:09	2:20
1600m	4:05	4:11	4:20	4:45	4:55	5:25
3200m	8:53	9:10	9:28	10:30	10:50	11:30
100/110H	13.70	13.95	14.30	13.60	14.00	14.70
300H	36.00	37.00	38.20	42.30	43.10	44.50
400H	51.00	81.80	53.20	1:00	1:03	1:06
LJ	24'10"	24'6	23'	19'9	19'6	18'6
TJ	51'6	51'	47'6	41'5	40'	38'
PV	17'	16'6	15'6	12'7	12'	11'6"
HJ	7'2	7'	6'10	6'	5'10	5'5
SP	63'	60'10	57'	49'	47'	43'
DS	193'	185'9	170	165'	155'	140'
JAV	225'	210	190'	155'	150'	135'
HAMM	230	220	200	180'	170'	140'

Cross Country athletes will also be evaluated on how well they race at invitational and national championships meets. Each year there are a limited number of scholarships available to recruit with. On average 4 for women and 3 for men. These scholarships are divided among track and field and cross country. The competition for these scholarships is extremely tough. The competition includes NCAA eligible graduating seniors, Jr. College graduates, transfers, international students, and current members on our team. We encourage you to set both your academic and athletic goals high and to work diligently to achieve those goals.