

Florida State University Track & Field and Cross Country

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
100	10.30	10.40	10.55	11.50	11.67	11.90
200	20.80	20.95	21.35	23.50	24.00	24.80
400	46.50	47.00	48.00	53.50	54.50	56.80
800	1:49.8	1:51.0	1:53.8	2:06.0	2:09.0	2:17.0
1600m	4:06.0	4:10.0	4:18.0	4:45.0	4:55.0	5:12.0
3200m	8:53.0	9:08.0	9:25.0	10:30.0	10:50.0	11:18.0
110H/100h	13.50	13.80	14.20	13.60	14.00	14.50
300H	36.00	37.00	38.00	42.30	43.10	44.50
400H	50.40	51.80	53.30	58.50	1:00.0	1:03.0
Long Jump	25'2"	24'6"	23'6"	20'0"	19'6"	18'8"
Triple Jump	52'0"	51'0"	48'0"	42'0"	40'0"	38'6"
Pole Vault	17'0"	16'6"	15'6"	12'10"	12'6"	11'6"
High Jump	7'2"	7'0"	6'10"	6'0"	5'10"	5'6"
Shot Put	65'0"	63'0"	58'0"	51'0"	48'0"	45'0"
Discus	195'0"	186'0"	170'0"	165'0"	155'0"	140'0"
Javelin	225'0"	210'0"	190'0"	160'0"	150'0"	140'0"
Hammer	230'0"	220'0"	200'0"	180'0"	170'0"	150'0"

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

There are many variables that have to be considered, including academics, scholarship availability and team needs. Scholarships can range in value from 1% to 100%. NCAA scholarship maximums are 18.0 for women's track & field/cross country and 12.6 for men. Competition for scholarships includes NCAA-eligible graduating seniors, junior college graduates, transfers, international students and current members of the team.

**** Cross country athletes will also be evaluated on how well they race at invitational and national championship meets.** The Seminole Striders womens' cross country program is capped at 45 and tryouts for those spots are held each fall.