

## University of Maryland Track and Field and Cross Country Standards

This chart serves as a guideline for the athletic standards that we are looking for in our program. Meeting these posted standards will not guarantee you an athletic scholarship or a spot on the team. Many other variables such as SAT scores, scholarship availability, and team needs are considered. Scholarships can range in value from 1% to 100%.

Event	<b>Target Recruits MEN</b>	Scholarship Standard Men	Walk-on Standard Men	<b>Target Recruits WOMEN</b>	Scholarship Standard Women	Walk-on Standard Women
100	<b>10.50</b>	10.60	10.80	<b>11.50</b>	11.67	12.00
200	<b>20.90</b>	21.40	22	<b>24.00</b>	24.40	25.00
400	<b>46.60</b>	47.80	48	<b>53.80</b>	54.50	57.00
800	<b>1:49.95</b>	1:52	1:54	<b>2:06</b>	2:09	2:18
1600m	<b>4:05</b>	4:11	4:20	<b>4:45</b>	4:55	5:20
3200m	<b>8:53</b>	9:10	9:28	<b>10:30</b>	10:50	11:30
100/110H	<b>13.70</b>	13.95	14.30	<b>13.60</b>	14.00	14.70
300H	<b>36.00</b>	37.00	38.20	<b>42.30</b>	43.10	44.50
400H	<b>51.00</b>	51.80	53.20	<b>1:00</b>	1:03	1:06
LJ	<b>24'10"</b>	24'4"	23'	<b>19'9"</b>	19'6"	18'4"
TJ	<b>51'6"</b>	51'	47'6"	<b>41'5"</b>	40'	38'
PV	<b>17'</b>	16'6"	15'6"	<b>12'7"</b>	12'	11'6"
HJ	<b>7'2"</b>	7'	6'8"	<b>6'</b>	5'10"	5'5"
SP	<b>63'</b>	60'10"	57'	<b>49'</b>	46'	42'
DS	<b>193'</b>	185'9"	170	<b>165'</b>	155'	140'
JAV	<b>225'</b>	210	190'	<b>155'</b>	150'	135'
HAMM	<b>230'</b>	220'	200'	<b>180'</b>	170'	140'

**Cross Country athletes will also be evaluated on how well they race at invitational and national championship meets.** Each year, we work with a limited amount of scholarships and divide it between all event areas. The competition for these scholarships is tough between our current team members, graduating high school seniors and transfers.