

Walk-on  
Track & Field Standards

If you are seriously considering coming out for the team, the following are some guideline requirements which will help you in your decision. These times need to be verified if submitted.

Men

Women

100m.....10.7

100m.....12.3

200m.....22.2

200m.....25.5

400m.....49.5

400m.....58.0

110mh.....14.5

100mh.....14.5

400mh.....55.0

400mh.....63.0

LJ.....23'

LJ.....18'

TJ.....47'

TJ.....37'

HJ.....6'7

HJ.....5'5"

800m.....1:56

800m.....2:16

1600m.....4:20

1600m.....5:10

3000m.....8:45

3000m.....10:20

2 mile.....9:20

2 mile.....11:05

5K Track time.....15:45

Shot.....54'

Shot.....38'

Discus.....160'

Discus.....120'

Javelin.....175'

Javelin.....120'

Pole Vault..... 14'

Pole Vault..... 10'6"