

Hello, and thank you for your interest in Ole Miss Cross Country/Track & Field program. We encourage you to browse our website for information about our program. Please be sure to review our scholarship and walk-on standards found below. Feel free to contact a coach if you need further information.

## Go REBELS

### Ole Miss Track & Field Athletic Standards for Scholarship and Walk-on Consideration

<b>Event</b>	<b>Target Recruits MEN</b>	Scholarship Standard Men	Walk-on Standard Men	<b>Target Recruits WOMEN</b>	Scholarship Standard Women	Walk-on Standard Women
100m	10.25	10.50	10.80	11.45	11.66	12.00
200m	20.60	21.20	21.70	23.50	24.00	25.20
400m	46.50	47.20	48.50	52.50	54.50	57.00
800m	1:49.9	1:52.0	1:53.9	2:06	2:10	2:18
1600m	4:05	4:10	4:17	4:45	4:51	5:05
3200m	8:53	9:06	9:17	10:18	10:30	11:10
100/110H	13.56	14.00	14.40	13.40	13.60	14.50
300H	36.39	37.70	38.60	41.50	42.50	45.00
400H	51.00	52.80	54.20	58.50	59.50	62.20
LJ	25'05"	23' 10"	23'	20' 3"	19'	18'
TJ	50	48'	46'	42'	40	38'
PV	17'	16'	15'5"	13' 5"	12' 6"	11'
HJ	7' 2	6' 8"	6' 7"	5' 10"	5' 8"	5' 5"
SP	63'	60' 4"	55'	50'	46'	40'
DS	193'	186' 2"	165'	165'	150'	130'
JAV	225'	210'	190'	155'	150'	135'
HAM	220'	200'	180	190'	180'	140'

### Ole Miss Track & Field and Cross Country Athletic Standards for Scholarship and Walk-on Consideration

Each year there are a limited number of scholarships available. These scholarships are divided among Track & Field and Cross Country. The competition for these scholarships is extremely tough. Keep in mind that in addition to high school athletes, we consider Junior College graduates, transfers, international student-athletes and current members of our team.