



RECRUITING GUIDELINES MEN'S TRACK & FIELD

NCSA's track and field recruiting guidelines show a men's track recruit exactly what level of competition he's best suited for based upon his times, throws or jumps. Knowing where you stand helps you create a realistic list of possible schools, which can help save time when trying to earn a men's track scholarship.

NCSA's recruiting guidelines explain what men's track coaches at every collegiate level are looking for.

Grades: 3.0 GPA + 24 ACT + 1000 SAT

	DIVISION I TOP	DIVISION I LOW	DIVISION II TOP	DIVISION II LOW	DIVISION III TOP	DIVISION III LOW	NAIA TOP	NAIA LOW
55M IM	6.32	6.7	6.35	7.2	6.78	7.2	6.52	7.20
60M IM	6.61	7.2	6.65	7.4	6.92	7.4	6.81	7.5
60M H IN	7.75	8	7.89	8.5	8.92	8.5	8.21	8.5
300M IN	33.94	35.8	34.99	37.9	36.78	39	34.99	39
500M IN	1:05.58	1:09.0	1:07.5	1:10.3	1:10.0	1:13.6	1:09.6	1:12.5
600M IN	1:21.08	1:24.67	1:22.3	1:28.5	1:27.6	1:30.6	1:23.4	1:25.7
1000M IM	2:28.55	2:32.4	2:31.3	2:37.4	2:38.4	2:42.4	2:34.3	2:38.6
3000M IN	7:54.15	7:59.4	7:54.2	8:00.5	8:00.4	8:14.7	8:15.6	8:30.3
110M HH	13.55	14.66	14.13	15.59	14.51	16.5	14.62	55:00
300M HH	35.92	39.55	38.02	44	39.67	44	40.55	45
400M HH	50.21	56.00	52.76	60	53.39	63	54.87	60
100M	10.17	11.00	10.44	11.3	10.65	11.4	10.68	11.3
200M	20.69	22.70	22.23	24	22.34	24.5	22.02	23
400M	45.29	51.00	47.09	54	48.61	54	48.82	52
800M	1:48.40	1:57.0	1:52.53	1:59.7	1:54.3	1:58.4	1:55.3	2:00.7
1500M	3:42.7	4:03.6	4:04.2	4:25.3	4:07.3	4:20.7	4:02.5	4:16.4
1600M	4:04.2	4:23.4	4:12.3	4:33.6	4:17.4	4:42.5	4:12.3	4:39.6
3200M	8:47.8	9:30.4	8:59.3	9:45.6	9:23.6	10:13.4	9:09.5	10:01.7
5K XC	14:20	16:11	15:50	16:59	17:00	18:00	16:12	17:45
3000M STPL	18:44.6	9:50	9:32.4	10:15	9:19.1	30:00	9:38.5	30:00
HIGH JUMP	7'2"	6'4"	6'10"	6'0"	6'8"	6'0"	6'6"	5'8"
LONG JUMP	26'1"	22'	24'1"	20'	23'9"	18'6"	23'3"	18'
SHOT PUT	63'6"	55'6"	56'5"	48'6"	55'7"	46'5"	54'3"	49'5"
DISCUS	193'	167'	173'3"	156'	171'3"	140'	161'	120'
POLE VAULT	17'8"	15'	16'11"	14"	162'2"	15'	15'7"	14'
TRIPLE JUMP	52'7"	42'	49'10"	39'	48'7"	38'	47'11"	38'
HAMMER	209'6"	170'4"	203'2"	175'4"	194'1"	165'3"	188'6"	150'4"
JAVELIN	241'3"	198'	211'3"	155'	208'2"	150'	185'5"	135'6"
DECATHLON	7,769	6,100	6342	5600	6239	4500	6388	5700



RECRUITING GUIDELINES

MEN'S TRACK & FIELD

NCAA DIVISION I	
MEMBER SCHOOLS	274
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.6

NCAA DIVISION II	
MEMBER SCHOOLS	151
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.6

NCAA DIVISION III	
MEMBER SCHOOLS	271
ATHLETIC SCHOLARSHIPS PER SCHOOL	0.0 ACADEMIC, MERIT, NEED, LEADERSHIP, ETC. AID AVAILABLE

NAIA	
MEMBER SCHOOLS	170
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.0

JUNIOR COLLEGE	
MEMBER SCHOOLS	83
ATHLETIC SCHOLARSHIPS PER SCHOOL	VARY BY SCHOOL AND CONFERENCE

RECOMMENDED SITE	
WWW.USATF.COM	

