



RECRUITING GUIDELINES WOMEN'S TRACK & FIELD

NCSA's track and field recruiting guidelines show a women's track recruit exactly what level of competition she's best suited for based upon her times, jumps or throws. Knowing where you stand can help you create a realistic list of possible schools, which can save you plenty of time when trying to earn a women's track scholarship. Recruiting guidelines show what women's track coaches at each collegiate level are looking for. The guidelines also give a women's track recruit an overview of exactly how many track scholarships and college women's track programs (NCAA, NAIA and NJCAA) are out there to choose from.

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	6.95	7.35	7.25	7.75	7.9	8.25	7.4	8
60M IM	7.31	7.85	7.3	8.5	7.8	8.5	7.68	8.5
60M HH IN	8.16	8.8	8.36	10	8.95	10.2	8.93	10
300M IN	39.2	41.05	40	42.32	42.03	45	40.07	44
500M IN	1:15.9	1:18.5	1:17.4	1:20.4	1:22.6	1:25.4	1:19.7	1:22.4
600M IN	1:34.3	1:36.5	1:35.2	1:39.3	1:38.7	1:44.3	1:39.2	1:42.3
1000M IM	2:51.5	2:55.7	2:54.3	2:59.7	2:59.4	3:09.3	2:59.3	3:05.4
3000M IN	9:18.5	9:23.5	9:19.6	9:29.4	9:28.6	10:00	10:26.7	10:17.0
110M HH	13.05	14.9	14.18	16.5	14.26	17.5	14.56	17.5
300M IH	40.57	46	44.39	48.5	47.56	49.5	45.66	48.5
400M IH	57.37	65.5	60.99	67	62.45	75	64.03	75
100M	11.32	12.5	11.9	13	12.12	13.2	12.03	13.5
200M	23.01	26.5	24.08	28.5	24.58	28.5	24.57	28
400M	52.23	60	54.88	65	56.72	67	56.14	62.5
800M	2:04.2	2:22.0	2:07.0	2:30.0	2:10.7	2:35.0	2:15.2	2:35.0
1500M	4:13.3	5:20.0	4:30.5	5:15.0	4:40.8	5:20.0	4:39.7	5:15.0
1600M	4:39.3	5:23.0	5:03.4	6:00.0	5:05.7	6:00.0	5:01.4	6:05.0
3200M	10:08.1	11:37.0	10:29	12:15	10:35.7	12:30.0	10:26.7	12:30.0
5K XC	16:53.0	18:50.0	17:59.0	19:45.0	21:12	23:00	18:23	22:04
3000M STPL	10:12.7	12:00.0	11:23.9	12:50.0	11:39.0	12:30.0	11:49	12:25.0
HIGH JUMP	6'0"	5'2"	5'8"	5'0"	5'5"	4'9"	5'6"	5'0"
LONG JUMP	20'7"	18'	19'	15'	19'	16'	19'1"	15'6"
SHOT PUT	56'2"	43'5"	47'3"	39'6"	44'8"	34'	44'11"	36'
DISCUS	178'5"	147'9"	153'	113'6"	143'6"	110'4"	121'3"	100'
POLE VAULT	13'9.5"	11'6"	12'3"	9'0"	12'5"	9'6"	11'1"	8'0"
TRIPLE JUMP	43'4"	38'6"	40'4.5"	32'5"	39'1"	31'5"	37'10"	30'6"
HAMMER	208'	170'4"	182'	146'4"	170'6"	120'3"	157'5"	110'6"
JAVELIN	161'	141'	149'	127'	138'5"	112'3"	117'10"	100'
HEPTATHLON	5733	4000	4915	3500	4691	3000	4223	3000



RECRUITING GUIDELINES WOMEN'S TRACK & FIELD

NCAA DIVISION I	
MEMBER SCHOOLS	312
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.6

NCAA DIVISION II	
MEMBER SCHOOLS	160
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.6

NCAA DIVISION III	
MEMBER SCHOOLS	279
ATHLETIC SCHOLARSHIPS PER SCHOOL	0.0 ACADEMIC, MERIT, NEED, LEADERSHIP, ETC. AID AVAILABLE

NAIA	
MEMBER SCHOOLS	173
ATHLETIC SCHOLARSHIPS PER SCHOOL	12.0

JUNIOR COLLEGE	
MEMBER SCHOOLS	86
ATHLETIC SCHOLARSHIPS PER SCHOOL	VARY BY SCHOOL AND CONFERENCE

RECOMMENDED SITE
WWW.USATF.COM

