

Men's Track and Field Recruiting Standards

Note: These recruiting standards are estimates. Check with your target schools for specifics or explore some of the links below.

| | NCAA DI | DI Ivy League | NCAA DII | NCAA DIII | NAIA |
|-------------------|---------------|---------------|---------------|---------------|---------------|
| 100m | 10.5-11.0 | 10.85-10.94 | 10.9-11.2 | 11.0-11.4 | 10.9-11.3 |
| 200m | 21.25-22.7 | 22.0-22.34 | 22.0-24.0 | 22.15-23.5 | 22.5-23.0 |
| 400m | 47.5-51.0 | 49.0-49.54 | 49.0-54.0 | 49.5-53.0 | 49.5-52.0 |
| 800m | 1:52-1:58 | 1:53-1.55 | 1:57-2:05 | 1:57-2:04 | 1:58-2:03 |
| 1,600m | 4:15-4:30 | 4:16 | 4:30-5:00 | 4:30-5:00 | 4:25-4:45 |
| 3,200m | 9:10-9:45 | 9:14-9:20 | 9:30-10:15 | 9:45-10:45 | 9:45-10:30 |
| 110m high hurdles | 13.95-15.9 | 14.20-14.64 | 14.9-15.8 | 15.5-17.0 | 15.5-16.5 |
| 400m hurdles | 51.0-56.0 | 54.0-54.94 | 54.5-57.0 | 56:00-60:00 | 56:00-60:00 |
| High Jump | 7'0"-6'4" | 6'6"-6'7" | 6'4"-6'0" | 6'1"-5'9" | 6'2"-5'8" |
| Pole Vault | 16'6"-14'6" | 14'9"-15'0" | 14'6"-12'0" | 15'0"-13'0" | 14'6"-13'0" |
| Long Jump | 24'6"-22'0" | 22'6"-23'0" | 22'6"-19'0" | 21'9"-19'6" | 22'0"-19'6" |
| Triple Jump | 51'0"-42'0" | 46'0"-46'6" | 45'0"-38'0" | 44'6"-38'2" | 45'0"-38'0" |
| Shot Put | 60'10"-45'0" | 54'0"-57'0" | 50'0"-35'0" | 50'0"-40'0" | 50'0"-40'0" |
| Discus | 185'0"-155'0" | 155'0"-170'" | 150'0"-120'0" | 150'0"-120'0" | 140'0"-110'0" |
| Javelin | 210'0"-170'0" | 180'0" | 170'0"-130'0" | 160'0"-130'0" | 160'0"-130'0" |
| Hammer (12lb) | 210'0"-170'0" | 170'0"-175'0" | 170'0"-130'0" | 160'0"-130'0" | 150'0"-120'0" |

Some colleges publish their track and field recruiting and scholarship standards. Others don't, but you can find standards necessary to compete in their division's championships.

Women's Track and Field Recruiting Standards

Note: These are estimates. Check with your target schools for specifics or look at specific recruiting standards in some of the links below.

| | NCAA DI | DI Ivy League | NCAA DII | NCAA DIII | NAIA |
|--------------|---------------|---------------|---------------|---------------|---------------|
| 100m | 11.9-12.34 | 12.00-12.94 | 12.5-13.4 | 12.5-13.5 | 12.87-13.5 |
| 200m | 24-25.54 | 24.50 | 26.2-28.5 | 25.8 | 26.0-28.0 |
| 400m | 54.5-56.94 | 57 | 59.0-68.0 | 59.5-1:04 | 59.5-1:05 |
| 800m | 2:10-2:13 | 2:16 | 2:20-2:42 | 2:20-2:30 | 2:15-2:30 |
| 3,200m | 10:50-11:00 | 11:05 | 11:30-12:15 | 11:50-12:50 | 11:50-12:30 |
| 100m hurdles | 14.5-15.5 | 14.30-14.54 | 15.2-16.5 | 15.5-17.5 | 15.5-17.5 |
| 400m hurdles | 60.0-65.5 | 61.0-62.54 | 63.0-67.0 | 1:07-1:18 | 1:15.5-1:20.5 |
| High Jump | 5'10"-5'2" | 5'6"-5'8" | 5'4"-5'0" | 5'1"-4'9" | 5'4"-5'0" |
| Long Jump | 19'6"-17'0" | 18'3"-19'0" | 17'0"-15'0" | 18'0"-16'0" | 17.0"-15'6" |
| Shot Put | 45'0"-32'0" | 42'0" | 38'0"-32'0" | 40'0"-32'0" | 38'0"-34'0" |
| Discuss | 149'0"-120'0" | 135'0" | 120'0"-100'0" | 120'0"-100'0" | 120'0"-100'0" |
| Pole Vault | 12'6"-10'0" | 11'6"-12'0" | 11'0"-8'0" | 11'0"-9'0" | 10'0"-8'0" |
| Triple Jump | 40'0"-32'0" | 38'0"-39'0" | 35'0"-30'0" | 36'0"-31'0" | 35'6"-34'2" |
| Hammer | 170'0"-140'0" | 140"-150'0" | 140'0"-120'0" | 136'0"-110'0" | 120'0"-100'0" |
| Javelin | 140'0"-120'0" | 120'0"-130'0" | 120'0"-100'0" | 110'0"-90'0" | 120'0"-100'0" |

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