

Track & Field

Men's Track Recruiting Guidelines

Division I

High School Qualifications:

- 4 Years Varsity
- State Champion or High State Finish (dependant on level of competition: 1A, 2A, 3A, etc.)
- Awards such as All-State/Region
- Meet of Champions Qualifier or High Finish (All Divisions in the State)
- Team MVP & Captain

AAU and USTAF Qualifications:

- USATF Regional & National competition strongly preferred
- Participation in Track Club

*All times should be FAT. FAT refers to Fully Automated Timing, as opposed to hand-held timing. Hand timing is not measured in hundredths, whereas FAT is always to the hundredth. All hand times in events less than 300 meters will have .24 seconds added.

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55 M	6.4	6.6	6.6	6.7
60 M	6.8	6.95	7.0	7.2
55 MH	7.4	7.65	7.65	7.9
60 MH	7.8	8.0	8.1	8.2
110 M HIGH HURDLES	13.95	14.3	14.9	15.9
300 M HURDLES	37	38.2	40	42
400 M HURDLES	51.0	53.0	55.0	56.0
100 M	10.5	10.8	10.8	11.0
200 M	21.25	21.5	21.8	22.7
400 M	47.5	48.5	48.5	51.0
800 M	1:52	1:54	1:55	1:58
1500 M	3:55	4:00	4:05	4:10
1600 M	4:15	4:20	4:25	4:30
3000 M	9:34	9:40	9:40	9:50
3200 M	9:10	9:30	9:30	9:45
HIGH JUMP	7'0	6'8"	6'8"	6'4"
POLE VAULT	16'6'	15'6'	15'0"	14'6'
LONG JUMP	24'6'	23'0"	23'0"	22'0"
TRIPLE JUMP	5'1"0"	47'6'	46'0"	42'0"
SHOT PUT	60'10'	57'0"	55'0"	45'0"
DISCUS	185'0"	170'0"	165'0"	155'0"
JAVELIN	210'0"	190'0"0	185'0"	170'0"
HAMMER (12Lb)	210'0"	190'0"0	185'0"	170'0"
DECATHALON	7000	6800	6500	6000

Division II

High School Qualifications:

- 3+ Years Varsity
- State Qualifier or High State Finish depending on level of competition (1A, 2A, 3A, etc.)
- Awards such as All-Region/Section/County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition preferred
- Participation in Track Club preferred

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55 M	6.6	6.7	6.8	7.2
60 M	6.95	7.2	7.3	7.4
55 MH	7.65	7.9	8.0	8.2
60 MH	8.07	8.23	8.3	8.5
110 M HIGH HURDLES	14.9	15.5	15.1	16.0
300 M HURDLES	40.0	42.0	42.0	44.0
400 M HURDLES	54.5	57.0	56.0	60.0
100 M	10.9	11.3	11.1	11.3
200 M	22.00	24.0	23.0	24.0
400 M	49.0	52.0	52.0	54.0
800 M	1:57	2:02	2:00	2:08
1500 M	4:05	4:30	4:15	4:45
1600 M	4:30	4:45	4:45	5:00
3000 M	9:45	10:30	10:20	11:00
3200 M	9:30	9:45	9:50	10:15
HIGH JUMP	6'4"	6'0"	6'2"	6'0"
POLE VAULT	14'6"	13'0"	13'6"	12'0"
LONG JUMP	22'6"	20'0"	22'0"	19'0"
TRIPLE JUMP	45'0"	40'0"	40'0"	38'00"
SHOT PUT	50'0"	40'0"	45'0"	35'0"
DISCUS	150'0"	130'0"	150'0"	120'0"
JAVELIN	170'0"	140'0"	160'0"	130'0"
HAMMER (12Lb)	170'0"	140'0"	160'0"	130'0"
DECATHALON	7000	6000	6500	6000

# of Schools	Scholarships	Participants
VARSITY		
DIVISION I	262	12.6
DIVISION II	164	12.6
DIVISION III	255	7,634
NAIA	144	12
NJCAA	76	
TOTAL : 901		
HS STUDENT-ATHLETES :		544,180

Division III**High School Qualifications:**

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55 M	6.8	7.2
60 M	7.3	7.4
55 MH	8.0	8.2
60 MH	8.3	8.5
110 M HIGH HURDLES	15.5	17.0
300 M HURDLES	42.0	44.0
400 M HURDLES	56:00	60.0
100 M	11.0	11.4
200 M	22.15	23.5
400 M	49.5	53.0
800 M	1:57	2:04
1500 M	4:00	4:20
1600 M	4:30	5:00
3000 M	9:45	11:00
3200 M	9:45	10:45
HIGH JUMP	6'1"	5'9"
POLE VAULT	15'0"	13'0"
LONG JUMP	21'9"	19'6"
TRIPLE JUMP	44'6"	38'2"
SHOT PUT	50'0"	40'0"
DISCUS	150'0"	120'0"
JAVELIN	160'0"	130'0"
HAMMER (12LB)	160'0"	130'0"
DECATHALON	5800	4000

NAIA**High School Qualifications:**

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55 M	6.8	7.2
60 M	7.3	7.4
55 MH	8.0	8.2
60 MH	8.30	8.5
110 M HIGH HURDLES	15.5	16.5
300 M HURDLES	42.0	44.0
400 M HURDLES	56.0	60.0
100 M	10.9	11.3
200 M	22.5	23.0
400 M	49.5	52.0
800 M	1:58	2:03
1500 M	4:00	4:20
1600 M	4:25	4:45
3000 M	9:45	10:30
3200 M	9:45	10:30
HIGH JUMP	6'2"	5'8"
POLE VAULT	14'6"	13'0"
LONG JUMP	22'0"	19'6"
TRIPLE JUMP	45'0"	38'0"
SHOT PUT	50'0"	40'0"
DISCUS	140'0"	110'0"
JAVELIN	160'0"	130'0"
HAMMER (12LB)	150'0"	120'0"
DECATHALON	5000	4000