



AUBURN ATHLETICS

Greetings and thank you for your interest in the Auburn Track and Field / Cross Country program. We encourage you to browse our website and online media guide for information about our program. Please be sure to review our walk-on standards listed below. Athletes interested in cross country will be evaluated on their placing at the State Championships, Footlocker and Nike Regional and National competitions.

Each year there is a limited number of roster spots and scholarships available and the competition for these scholarships is very tough. If you have met the walk-on standards, we encourage you to contact us.

EVENT:	MEN'S WALK-ON:	WOMEN'S WALK-ON:
100 METERS	10.50	11.45
200 METERS	21.10	23.70
400 METERS	47.20	54.50
800 METERS	1:51.00	2:11.00
MILE	4:12.00	4:59.00
3K	8:30.00	10:00.00
100/110 METER HURDLES	13.90	13.48
300 METER HURDLES	37.00	42.50
400 METER HURDLES	51.50	59.00
POLE VAULT	16' 0 (4.88M)	12' 9 (3.89M)
HIGH JUMP	6' 10 (2.09M)	5' 9 (1.76M)
LONG JUMP	24' 8 (7.52M)	20' 0 (6.10M)
TRIPLE JUMP	50' 0 (15.24M)	41' 6 (12.65M)
SHOT PUT	61' 0 (18.59M) (12lbs) 57' 5 (17.50M) (7.26K)	48' 0 (14.63M)
DISCUS	185' 0 (56.40M) (1.6K) 177' 2 (54.00M) (2K)	160' 0 (48.78M)
JAVELIN	225' 0 (68.59M)	160' 0 (48.78M)
HAMMER	225' 0 (68.59M) (12lbs) 216' 0 (65.85M) (7.26K)	198' 0 (60.37M)
WEIGHT THROW	70' 0 (21.34M) (25lbs) 63' 0 (19.20M) (35lbs)	62' 4 (19.00M)
MEN'S HEPTATHLON	5,000 POINTS	
WOMEN'S PENTATHLON		3,800 POINTS
MEN'S DECATHLON	7,000 POINTS	
WOMEN'S HEPTATHLON		5,000 POINTS

- Sprints / Hurdle times must be electronic timing (F.A.T.)

Thank you and War Eagle!

Coach Burrell



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