



AUBURN TRACK & FIELD

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	11.60
200 METERS	21.10	23.80
400 METERS	47.20	54.50
800 METERS	1:51.00	2:11.00
1600 METERS	4:10.00	4:57.00
3200 METERS	9:05.00	10:45.00
100/110 METER HURDLES	13.95	13.65
300 METER HURDLES	37.40	42.95
400 METER HURDLES	52.50	59.50
POLE VAULT	16'9"	12'6"
HIGH JUMP	6'8"	5'9"
LONG JUMP	25'5"	19'6"
TRIPLE JUMP	49'0"	41'6"
SHOT PUT	61'	46'
DISCUS	185'	150'
JAVELIN	210'	150'
HAMMER	215'	170'

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

Thank you and War Eagle!

Coach Burrell