



WOMEN'S RECRUITING STANDARDS

PERFORMANCE BENCHMARKS

CLEMSON TIGERS

EVENT	TARGET RECRUITS	ROSTER CONSIDERATION
100m	11.35	11.60
200m	23.20	24.00
400m	53.00	54.50
800m	2:04.50	2:10.00
1500m	4:21.00	4:30.00
1600m	4:40.00	4:50.00
3000m	9:24.00	9:47.00
3200m	10:05.00	10:20.00
100mH	13.40	13.80
300mH	41.50	42.70
400mH	58.00	59.80
High Jump	6'0" (1.83m)	5'8" (1.73m)
Pole Vault	14'0" (4.27m)	13'0" (3.96m)
Long Jump	20'6" (6.25m)	19'6" (5.94m)
Triple Jump	42'6" (12.95m)	40'6" (12.34m)
Shot Put	50'0" (15.24m)	47'0" (14.34m)
Discus	164' (50.00m)	155' (47.42m)
Hammer	187' (57.00m)	177'5" (54.10m)
Javelin	164' (50.00m)	150' (45.72m)
Heptathlon	5300	5000

RECRUITING GUIDANCE

- These marks are guidelines for prospective student-athletes and coaches.
- They reflect the performance levels typically needed for roster consideration and/or athletic scholarship evaluation.
- These standards are target benchmarks for the junior year of high school.
- Scholarships range from 1% to 100%.
- Meeting a listed mark does not guarantee admission, a roster spot, or athletic aid. Final decisions depend on scholarship availability, current roster strengths and needs, event-group priorities, and overall program fit. The final decision is with the Head Coach.