

This information will give you an idea of the quality of athletic achievement the University of Cincinnati Track & Field/Cross Country program is looking for. This is a **general** guide and is in no way the last word. We will consider any student-athlete who may not have met a standard if we think he/she has the potential to improve a great deal.

**WOMEN'S STANDARDS**

100m Dash	12.05
100m Hurdles	14.20
110m Hurdles	--
200m Dash	25.00
300m Hurdles	42.50
400m Dash	57.50
400m Hurdles	1:04.00
800m Run	2:16.00
1,600m Run	5:08.00
2,000m Steeplechase	7:20.00
3,200m Run	11:10.00
5,000m Run - XC	19:00.00
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High Jump	5' 6"
Pole Vault	12' 0"
Long Jump	18' 6"
Triple Jump	38' 0"
Shot Put	41' 0"
Discus	130' 0"
Hammer	140' 0"
Javelin	110' 0"
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Heptathlon	4,500 points
Decathlon	--

**MEN'S STANDARDS**

100m Dash	10.79
100m Hurdles	--
110m Hurdles	14.50
200m Dash	21.89
300m Hurdles	38.05
400m Dash	48.80
400m Hurdles	55.00
800m Run	1:54.00
1,600m Run	4:20.00
2,000m Steeplechase	--
3,200m Run	9:30.00
5,000m Run - XC	15:49.00
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High Jump	6' 7"
Pole Vault	15' 6"
Long Jump	23' 0"
Triple Jump	46' 6"
Shot Put (12lb.)	54' 0"
Discus (1.6k)	160' 0"
Hammer (12lb.)	175' 0"
Javelin	175' 0"
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Heptathlon	--
Decathlon	6,500 points

**Please Note:** Athletic scholarships can range from a book scholarship up to a full Grant-in-Aid. Athletic performances are evaluated each year, allowing for walk-ons to be possibly placed on aid. Athletic aid is performance based, awarded at the discretion of the head coach and may also depend upon the position needs of the team each year.