

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	11.60
100m Hurdles	13.85
110m Hurdles	---
200m Dash	24.15
300m Hurdles	41.30
400m Dash	56.00
400m Hurdles	60.50
800m Run	2:11.80
1,600m Run	4:55.00
2,000m Steeplechase	---
3,200m Run	10:45.00
5,000m Run- XC	17:45.00
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High Jump	5'8"
Pole Vault	12' 6"
Long Jump	19' 0"
Triple Jump	39' 0"
Shot Put	42' 0"
Discus	145' 0"
Hammer	155' 0"
Javelin	140' 0"
Weight Throw	55'
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Heptathlon	4,800 PTS
Decathlon	---

MEN'S STANDARDS

100m Dash	10.40
100m Hurdles	---
110m Hurdles	14.00
200m Dash	21.49
300m Hurdles	37.80
400m Dash	47.29
400m Hurdles	53.50
800m Run	1:51.00
1,600m Run	4:11.00
2,000m Steeplechase	---
3,200m Run	9:05.00
5,000m Run- XC	15:00.00
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High Jump	6'9"
Pole Vault	16' 0"
Long Jump	23' 6"
Triple Jump	48' 0"
Shot Put	57' 0"
Discus	175' 0"
Hammer	195' 0"
Javelin	185' 0"
Weight Throw	60'
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Heptathlon	---
Decathlon	6,800 PTS

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.