

SAN JOSÉ STATE SPARTANS™

TRACK & FIELD PERFORMANCE STANDARDS



WOMEN'S STANDARDS

MEN'S STANDARDS

Walk-On	California	International Out of State	EVENT	International Out of State	California	Walk-On
7.90	7.60	7.30	60m	6.70	6.85	6.99
12.20	11.85	11.45	100m	10.45	10.75	10.95
25.50	24.50	23.50	200m	21.20	21.85	22.30
58.00	55.00	53.00	400m	46.50	48.25	49.50
14.95	14.25	13.60	100mH/110mH	13.80	14.20	14.75
45.00	42.95	41.00	300mH/300mIH	37.00	38.50	39.50
64.00	62.00	59.50	400mH/400mIH	51.50	52.00	53.95
2:25.00	2:12.00	2:06.00	800m	1:50.00	1:52.00	1:54.00
5:00.00	4:22.00	4:20.00	1500m	3:43.00	3:50.00	4:00.00
5:20.00	4:50.00	4:35.00	Mile	3:56.00	4:10.00	4:24.00
11:30.00	10:30.00	10:10.00	3k Steeple	8:51.00	8:55.00	10:00.00
19:00.00	16:15.00	16:00.00	5,000m	13:44.00	14:00.00	14:30.00
39:00.00	35:00.00	34:00.00	10,000m	28:57.00	29:30.00	33:00.00
5.50m	5.80m	6.25m	Long Jump	7.75m	7.10m	6.70m
11.50m	12.00m	13.00m	Triple Jump	15.40m	14.20m	13.80m
1.60m	1.68m	1.78m	High Jump	2.10m	2.00m	1.95m
N/A	3.95m	4.25m	Pole Vault	5.40m	4.80m	N/A
14.00m	15.00m	17.00m	Shot Put	19.00m	16.00m	14.75m
44.00m	48.00m	57.00m	Discus	58.50m	53.00m	50.00m
50.00m	57.00m	67.00m	Hammer	68.00m	56.00m	53.00m
N/A	43.00m	52.00m	Javelin	70.00m	60.00m	N/A
4000	4700	5700	Heptathlon/ Decathlon	7500	6500	N/A

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