

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	6.65	6.85	6.90
12.30	11.90	11.35	100m	10.30	10.75	10.90
25.95	24.80	23.40	200m	21.00	21.75	22.30
59.00	57.00	53.00	400m	46.00	48.75	49.50
14.95	14.25	13.30	100mH/110mH	13.70	14.30	14.50
46.00	43.95	41.00	300mH/300mIH	36.50	37.50	39.95
65.00	62.00	58.50	400mH/400mIH	50.50	52.00	54.50
2:29.00	2:16.00	2:04.00	800m	1:48.00	1:52.00	1:54.00
5:20.00	4:22.00	4:20.00	1500m	3:40.00	3:50.00	4:00.00
5:40.00	4:50.00	4:30.00	Mile	3:56.00	4:10.00	4:24.00
11:50.00	10:30.00	10:10.00	3k Steeple	8:51.00	8:55.00	10:00.00
21:00.00	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
5.40m	5.60m	6:30m	Long Jump	7.75m	7.00m	6.70m
11.50m	11.60m	13.30m	Triple Jump	15.60m	14.00m	13.80m
1.50m	1.68m	1.80m	High Jump	2.15m	2.00m	1.95m
4000	4700	5700	Heptathlon/ Decathlon			

Director of Track & Field/Cross Country

Charles Ryan
charles.ryan@sjsu.edu

Head of Cross Country/Distance

David Verburg
david.verburg@sjsu.edu

Associate Head Coach

Lamont Johnson
lamont.johnson@sjsu.edu

Assistant Track & Field Coach

Tianna Madison
tianna.madison@sjsu.edu

** EVENTS NOT LISTED ARE NOT CURRENTLY BEING RECRUITED.**

