



WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION

Women	D1 Top	D1 Low	D2 Top	D2 Low	D3 Top	D3 Low	NAIA Top	NAIA Low
55M IN	6.95	7.35	7.25	7.75	7.90	8.25	7.40	8.00
60M IN	7.31	7.85	7.30	8.50	7.80	8.50	7.68	8.50
60M HH IN	8.16	8.80	8.36	10.00	8.95	10.20	8.93	10.00
300M IN	39.20	41.05	40.00	42.32	42.03	45.00	40.07	44.00
500M IN	1:15.94	1:18.45	1:17.44	1:20.45	1:22.56	1:25.44	1:19.67	1:22.43
600M IN	1:34.31	1:36.54	1:35.23	1:39.34	1:38.67	1:44.33	1:39.23	1:42.34
1000M IN	2:51.46	2:55.67	2:54.34	2:59.67	2:59.44	3:09.33	2:59.27	3:05.45
3000M IN	9:18.54	9:23.45	9:19.56	9:29.44	9:28.60	10:00.00	10:26.69	10:17.00
100M HH	13.05	14.90	14.18	16.50	14.26	17.50	14.56	17.50
300M IH	40.57	46.00	44.39	48.50	47.56	49.50	45.66	48.50
400M IH	57.37	65.50	60.99	67.00	62.45	75.00	64.03	75.00
100M	11.32	12.50	11.90	13.00	12.12	13.20	12.03	13.50
200M	23.01	26.50	24.08	28.50	24.58	28.50	24.57	28.00
400M	52.23	60.00	54.88	65.00	56.72	67.00	56.14	62.50
800M	2:04.18	2:22	2:06.99	2:30	2:10.65	2:35	2:15.21	2:35
1500M	4:13.3	5:20	4:30.45	5:15	4:40.76	5:20	4:39.74	5:15
1600M	4:39.32	5:23	5:03.44	6:00	5:05.67	6:00	5:01.44	6:05
3200M	10:08.11	11:37	10:29.45	12:15	10:35.67	12:30	10:26.69	12:30
5K XC	16:53	18:50	17:59	19:45	21:12	23:00	18:23	22:04
3000M STPL	10:12.69	12:00	11:23.87	12:50	11:39	12:30	11:49.25	12:25
High Jump	6'0"	5'2"	5'8"	5'0"	5'5"	4'9"	5'6"	5'0"
Long Jump	20'7"	18'	19'	15'	19'	16'	19'1"	15'6"
Shot Put	56'2"	43'5"	47'3"	39'6"	44'8"	34'	44'11"	36'
Discus	178'5"	147'9"	153'	113'6"	143'6"	110'4"	121'3"	100'
Pole Vault	13'9.5"	11'6"	12'3"	9'0"	12'5"	9'6"	11'1"	8'0"
Triple Jump	43'4"	38'6"	40'4.5"	32'5"	39'1"	31'5"	37'10"	30'6"
Hammer	208'	170'4"	182'	146'4"	170'6"	120'3"	157'5"	110'6"
Javelin	161'	141'	149'	127'	138'5"	112'3"	117'10"	100'
Heptathlon	5,733	4,000	4,915	3,500	4,691	3,000	4,223	3,000

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

TRACK RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.