



MEN'S TRACK RECRUITING GUIDELINES BY DIVISION

MEN	Div 1 TOP	Div 1 LOW	Div 2 TOP	Div 2 LOW	Div 3 TOP	Div 3 LOW	NAIA Top	NAIA Low
55M IN	6.32	6.70	6.35	7.20	6.78	7.20	6.52	7.20
60M IN	6.61	7.20	6.65	7.40	6.92	7.40	6.81	7.50
60M H IN	7.75	8.00	7.89	8.50	8.29	8.50	8.21	8.50
300M IN	33.94	35.80	34.99	37.90	36.78	39.00	34.99	39.00
500M IN	1:05.58	1:08.98	1:07.45	1:10.33	1:10.01	1:13.56	1:09.56	1:12.45
600M IN	1:21.08	1:24.67	1:22.34	1:28.45	1:27.55	1:30.55	1:23.44	1:25.65
1000M IN	2:28.55	2:32.44	2:31.33	2:37.44	2:38.43	2:42.44	2:34.32	2:38.56
3000M IN	7:54.15	7:59.44	7:54.22	8:00.55	8:00.44	8:14.66	8:15.55	8:30.32
110M HH	13.55	14.66	14.13	15.59	14.51	16.50	14.62	15.55
300M IH	35.92	39.55	38.02	44.00	39.67	44.00	40.55	45.00
400M IH	50.21	56.00	52.76	60.00	53.39	63.00	54.87	60.00
100M	10.17	11.00	10.44	11.30	10.65	11.40	10.68	11.30
200M	20.69	22.70	22.23	24.00	22.34	24.50	22.02	23.00
400M	45.29	51.00	47.09	54.00	48.61	54.00	48.82	52.00
800M	1:48.40	1:56.77	1:52.53	1:59.67	1:54.32	1:58.44	1:55.31	2:00.66
1500M	3:42.73	4:03.56	4:04.19	4:25.33	4:07.34	4:20.66	4:02.45	4:16.44
1600M	4:04.23	4:23.44	4:12.34	4:33.56	4:17.45	4:42.55	4:12.33	4:39.56
3200M	8:47.75	9:30.43	8:59.34	9:45.56	9:23.56	10:13.44	9:09.45	10:01.66
5K XC	14:20	16:11	15:50	16:59	17:00	18:00	16:12	17:45
3000M STPL	8:44.59	9:50	9:32.44	10:15	9:19.05	10:30	9:38.5	10:30
High Jump	7'2"	6'4"	6'10"	6'0"	6'8"	6'0"	6'6"	5'8"
Long Jump	25'1"	22'	24'1"	20'	23'9"	18'6"	23'3"	18'
Shot Put	63'6"	55'6"	56'5"	48'6"	55'7"	46'5"	54'3"	49'5"
Discus	193'	167'	173'3"	156'	171'3"	140'	161'	120'
Pole Vault	17'8"	15'	16'11"	14'	16'2"	15'	15'7"	14'
Triple Jump	52'7"	42'	49'10"	39'	48'7"	38'	47'11"	38'
Hammer	209'6"	170'4"	203'2"	175'4"	194'1"	165'3"	188'6"	150'4"
Javelin	241'3"	198'	211'3"	155'	208'2"	150'	185'5"	135'6"
Decathlon	7,769	6,100	6,342	5,600	6,239	4,500	6,388	4,700

**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.