

SOUTH FLORIDA CROSS COUNTRY-TRACK & FIELD WOMEN'S SCHOLARSHIP STANDARDS

This information will give you an idea of the quality of people we are looking for. This is a general guide and in no way the last word. We will consider an athlete who may have not met a standard if we think she has the potential to improve a great deal.

Event	Consider for Athletic Aid	Marks Which Would Encourage a Person to Come Out	BIG EAST 8th Finish
100m	11.70	12.2	11.92
200m	24.2	25.5	24.63
400m	55.0	58.0	56.25
800m	2:12	2:16	2:10
1500m	4:35	4:45	4:31.79
1600m	4:55	5:20	4:53
3000m	10:00	10:45	9:33(Indoor)
3200m	10:55	11:20	
3K St	10:40	11:30.24	11:02.28
100m 33" H	14.0	14.60	14.12
300m LH	43.50	45.0	
400m LH	59.0	63.5	67.00
High Jump	5'8	5'6	5'7
Pole Vault	12'6	11'6	11'5.75
Long Jump	19'4	18'	19'
Triple Jump	39'6	38'0	38'
Shot Put	46'1	40'	46'2.50
Hammer	165'0	140'0	160'9
Discus	150'0	130'0	144'10
Javelin	140'0	125'0	136'7
Heptathlon	4,650	4,300	4,712
4,000m Run – CC	14:32	15:36	
5,000m Run – CC	18:10	19:30	16:44

We encourage anyone who wants to participate in Track & Field and who has a reasonable performance to come to the University of South Florida. We have had walk-ons that have improved during their freshman year or later to the point that they were placed on athletic aid.

