

## Women's Track and Field Guidelines by Division

| WOMEN         | D1 TOP   | D1 LOW   | D2 TOP   | D2 LOW   | D3 TOP   | D3 LOW   | NAIA TOP | NAIA LOW |
|---------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 60m           | 7.32     | 7.73     | 7.58     | 8.13     | 7.77     | 8.86     | 7.76     | 8.58     |
| 3000m         | 9:02.81  | 10:56.92 | 9:31.71  | 13:45.21 | 9:44.34  | 11:08.42 | 10:09.34 | 11:31.56 |
| 60mHH         | 8.31     | 8.83     | 8.79     | 10.24    | 9.04     | 9.93     | 8.93     | 10.25    |
| Weight Throw  | 70' 6"   | 50' 10"  | 61' 9"   | 44' 6"   | 56' 1"   | 41' 2"   | 55' 6"   | 42' 3"   |
| Pentathlon    | 4197     | 3049     | 3702     | 2150     | 3431     | 2109     | 3391     | 2030     |
| 100m          | 11.49    | 11.84    | 11.97    | 12.9     | 12.34    | 13.26    | 12.18    | 13.01    |
| 200m          | 22.78    | 23.9     | 24.26    | 25.04    | 25.39    | 27.04    | 24.82    | 26.47    |
| 400m          | 52.23    | 57.89    | 55.11    | 59.55    | 55.64    | 1:01.36  | 56.74    | 59.59    |
| 800m          | 2:07.54  | 2:15.30  | 2:09.22  | 2:34.55  | 2:11.51  | 2:30.72  | 2:15.23  | 2:41.56  |
| 1500m         | 4:12.77  | 4:42.15  | 4:27.39  | 5:16.44  | 4:33.98  | 5:08.80  | 4:35.38  | 5:45.44  |
| 1600m         | 4:32.84  | 5:02.56  | 4:47.55  | 5:34.89  | 4:53.75  | 5:18.76  | 4:55.99  | 6:05.32  |
| 5000m         | 15:46.50 | 19:08.67 | 17:00.35 | 21:10.58 | 17:25.67 | 21:31.71 | 17:53.89 | 23:53.89 |
| 10,000m       | 33:14.56 | 43:50.99 | 35:08.56 | 44:25.68 | 36:37.99 | 44:33.39 | 38:15.44 | 49:49.67 |
| 100mHH        | 13.51    | 14.05    | 13.72    | 15.96    | 14.39    | 18.54    | 14.85    | 18.68    |
| 400mHH        | 59.92    | 1:01.33  | 1:00.98  | 1:10.75  | 1:01.31  | 1:10.66  | 1:04.53  | 1:14.47  |
| 3000m Steeple | 9:49.87  | 12:39.31 | 10:27.35 | 14:11.56 | 10:41.30 | 12:47.78 | 11:07.25 | 12:55.88 |
| High Jump     | 5' 10"   | 5' 3"    | 5' 7"    | 5'       | 5' 7"    | 4' 8"    | 5' 6"    | 4' 4"    |
| Pole Vault    | 14' 2"   | 12'      | 12' 6"   | 9' 6"    | 12'      | 9' 6"    | 12'      | 10'      |
| Long Jump     | 21' 1"   | 18' 6"   | 19' 9"   | 16' 10"  | 18' 8"   | 16' 6"   | 18' 9"   | 17' 2"   |
| Triple Jump   | 43' 3"   | 39' 6"   | 40' 4"   | 36'      | 38' 6"   | 33' 9"   | 37' 9"   | 32' 3"   |
| Shot Put      | 56'      | 42' 5"   | 50'      | 38' 8"   | 45' 1"   | 35'      | 44' 5"   | 32' 5"   |
| Discus        | 176' 9"  | 132' 6"  | 161' 5"  | 116'     | 146' 1"  | 112' 4"  | 139' 6"  | 100' 2"  |
| Hammer        | 208' 5"  | 143' 1"  | 181' 5"  | 155' 4"  | 175' 1"  | 131' 7"  | 168' 2"  | 80' 9"   |
| Javelin       | 173' 4"  | 115' 7"  | 145' 6"  | 96' 10"  | 131' 5"  | 103' 1"  | 130' 6"  | 78' 4"   |
| Heptathlon    | 5748     | 4470     | 4974     | 3679     | 4487     | 3182     | 4465     | 3199     |

\* Our track & cross guidelines are based on what you must realistically expect to compete at a given division level. You must be on this chart by the end of your junior season of cross or track in at least one event. A freshman or sophomore needs to be within 10 percent of the minimum standards to be enrolled. A junior or senior must meet the minimum standard in at least one event.

## College Women's Track and Field Stats

| Division        | Number of Teams | Scholarship limit per Team |
|-----------------|-----------------|----------------------------|
| NCAA D1         | 337             | 18                         |
| NCAA D2         | 215             | 12.6                       |
| NCAA D3         | 316             | -                          |
| NAIA            | 170             | 12                         |
| NJCAA (D1 & D3) | 72              | 20                         |

\*Track & field and cross country are equivalency sports, which means that all scholarships are not full scholarships. Partial awards can be awarded to meet the NCAA limit per school. For example, a D2 school can award half scholarships to 36 recruits to meet its limit of 18 scholarships per team. The NCAA per school scholarship limits apply to track & field and cross country combined.



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## Men's Track and Field Guidelines by Division

| MEN           | D1 TOP   | D1 LOW   | D2 TOP   | D2 LOW   | D3 TOP   | D3 LOW   | NAIA TOP | NAIA LOW |
|---------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 60m           | 6.69     | 6.88     | 6.83     | 7.05     | 7.03     | 7.17     | 6.92     | 7.17     |
| 3000m         | 8:08.20  | 9:27.22  | 8:11.62  | 8:55.41  | 8:22.64  | 8:51.54  | 8:41.75  | 9:28.76  |
| 60mHH         | 7.78     | 8.48     | 7.99     | 9.04     | 8.54     | 9.05     | 8.46     | 9.09     |
| Weight Throw  | 72' 8"   | 42' 11"  | 64' 10"  | 51' 9"   | 61' 4"   | 42' 5"   | 61' 9"   | 38' 10"  |
| Heptathlon    | 5758     | 3896     | 5329     | 3755     | 4973     | 3209     | 4897     | 3598     |
| 100m          | 10.41    | 10.8     | 10.61    | 11.02    | 10.94    | 11.34    | 10.74    | 11.39    |
| 200m          | 20.84    | 21.49    | 21.28    | 22.71    | 21.75    | 23.71    | 22.11    | 23.04    |
| 400m          | 46.2     | 49.11    | 47.59    | 50.05    | 47.98    | 51.76    | 48.71    | 50.95    |
| 800m          | 1:47.14  | 1:58.49  | 1:48.92  | 1:58.76  | 1:54.94  | 1:59.67  | 1:55.50  | 2:05.43  |
| 1500m         | 3:45.75  | 4:16.77  | 3:46.74  | 4:05.53  | 3:55.79  | 4:06.82  | 3:50.42  | 4:26.89  |
| 1600m         | 4:05.89  | 4:27.80  | 4:06.99  | 4:21.44  | 4:15.88  | 4:26.88  | 4:10.57  | 4:47.01  |
| 5000m         | 13:58.20 | 16:52.62 | 14:17.66 | 15:36.68 | 14:56.85 | 15:23.88 | 15:04.98 | 17:45.75 |
| 10,000m       | 29:13.12 | 35:39.84 | 30:21.00 | 33:59.99 | 31:06.21 | 35:14.91 | 32:09.51 | 40:50.13 |
| 110mHH        | 14.01    | 15.62    | 14.43    | 15.73    | 14.76    | 16.28    | 14.54    | 16.81    |
| 400mHH        | 50.76    | 55.29    | 52.27    | 60.29    | 51.95    | 59.51    | 56.43    | 62.93    |
| 3000m Steeple | 8:41.24  | 12:19.90 | 9:03.62  | 9:54.66  | 9:16.04  | 10:25.33 | 9:21.97  | 10:02.67 |
| High Jump     | 7' 2"    | 6' 5"    | 6' 11"   | 6' 2"    | 6' 9"    | 6' 1"    | 6' 8"    | 6'       |
| Pole Vault    | 17' 11"  | 14' 6"   | 16' 8"   | 14' 4"   | 15' 9"   | 13' 6"   | 15' 8"   | 13' 6"   |
| Long Jump     | 25' 10"  | 22' 11"  | 24' 6"   | 21' 8"   | 23' 8"   | 22'      | 23' 6"   | 20' 1"   |
| Triple Jump   | 52' 10"  | 44' 11"  | 50' 4"   | 44' 6"   | 48' 6"   | 42' 4"   | 48' 2"   | 41' 6"   |
| Shot Put      | 66' 3"   | 52' 6"   | 58' 2"   | 48' 8"   | 53' 3"   | 39' 3"   | 55' 10"  | 38' 6"   |
| Discus        | 186' 1"  | 139' 5"  | 172' 2"  | 145' 6"  | 165' 8"  | 121' 5"  | 163' 10" | 107' 8"  |
| Hammer        | 233' 11" | 139' 6"  | 195' 11" | 165' 7"  | 188' 4"  | 134' 6"  | 187' 11" | 109' 3"  |
| Javelin       | 230' 6"  | 187' 9"  | 212' 1"  | 169' 11" | 204' 7"  | 114' 10" | 196' 5"  | 122' 8"  |
| Decathlon     | 7695     | 5244     | 6943     | 4536     | 6580     | 4167     | 6459     | 4245     |

## College Men's Track and Field Stats

| Division        | Number of Teams | Scholarship limit per Team |
|-----------------|-----------------|----------------------------|
| NCAA D1         | 264             | 12.6                       |
| NCAA D2         | 165             | 12.6                       |
| NCAA D3         | 272             | -                          |
| NAIA            | 177             | 12                         |
| NJCAA (D1 & D3) | 102             | 20                         |

\*Track & Field and Cross Country are equivalency sports, which means that all scholarships are not full scholarships. Partial awards can be awarded to meet the NCAA limit per school. For example, a D2 school can award half scholarships to 36 recruits to meet its limit of 18 scholarships per team. The NCAA per school scholarship limits apply to Track and Field and Cross Country combined.