

University of Maryland Track and Field and Cross Country Standards

This chart serves as a guideline for the athletic standards that we are looking for in our program. Meeting these posted standards will not guarantee you an athletic scholarship or a spot on the team. Many other variables such as SAT scores, scholarship availability, and team needs are considered. Scholarships can range in value from 1% to 100%.

Event	Target Recruits MEN	Scholarship Standard Men	Walk-on Standard Men	Target Recruits WOMEN	Scholarship Standard Women	Walk-on Standard Women
100	10.50	10.60	10.80	11.50	11.67	12.00
200	20.90	21.40	22.0	24.00	24.40	25.00
400	46.60	47.80	48.0	53.80	54.50	57.00
800	1:49.95	1:52.0	1:54.0	2:06.0	2:09.0	2:18.0
1600m	4:05.0	4:11.0	4:20.0	4:45.0	4:55.0	5:15.0
3200m	8:53.0	9:10.0	9:28.0	10:30	10:45	11:20.0
5000m	14:45	15:10	15:55	17:05	17:55	19:15
100/110H	13.70	13.95	14.30	13.60	14.00	14.70
300H	36.00	37.00	38.20	42.30	43.10	44.50
400H	51.00	51.80	53.20	59.00	1:00.0	1:04.0
LJ	24'10	24'4"	23'0"	19'9"	19'6"	18'4"
TJ	51'6"	51'0"	47'6"	41'5"	40'0"	38'0"
PV	17'0"	16'6"	15'6"	12'7"	12'0"	11'6"
HJ	7'2"	7'0"	6'8"	6'0"	5'10"	5'5"
SP	63'0"	60'10"	57'0"	49'0"	46'0"	42'0"
DS	193'	185'9"	170'0"	165'0"	155'0"	140'0"
JAV	225'0"	210'0"	190'0"	155'0"	150'0"	135'0"
HAMM	230'0"	220'0"	200'0"	180'0"	170'0"	140'0"

Cross Country athletes will also be evaluated on how well they race at invitational and national championship meets. Each year, we work with a limited amount of scholarships and divide it between all event areas. The competition for these scholarships is tough between our current team members, graduating high school seniors, and transfers.