

Men's Track and Field Recruiting Guidelines

Division 1

Sample High School Creditentials:

- 4 year varsity letter winner
- Sectional/State Champion or High State Finish
- All-County, All-Area Awards
- Meet of Champions Qualifier
- Team MVP and/or leading scorer

Examples of D1- Tier 1 Programs: University of Oregon, University of Florida, Texas A&M

Examples of D1 - Tier 2 Programs: Monmouth University, Georgian Court University

Event	Tier 1 Scholarship	Tier 1 Roster	Tier 2 Scholarship	Tier 2 Roster
55m	6.4	6.6	6.6	6.7
55mHH	7.4	7.65	7.65	7.9
110H	13.95	14.3	14.9	15.9
400h	51.0	53.0	55.0	56.0
100m	10.5	10.8	10.8	11.0
200m	21.25	21.5	21.8	22.7
400m	47.5	48.5	48.5	51.0
800m	1:52	1:54	1:55	1:58
1600m	4:15	4:20	4:25	4:30
3200m	9:10	9:30	9:30	9:45
HJ	7'0	6'8"	6'8"	6' 4"
PV	16' 6"	15' 6"	15' 0"	14' 6"
LJ	24' 6"	23'	23'	22'
TJ	51'	47' 6"	46'	42'
SP	60' 10"	57'	55'	45'
Disc	185'	170'	165'	155'
Jav	210'	190'	185'	170'

All times should be FAT [Fully automatic timing]. Hand times are rarely recognized by colleges and when they are, .24 seconds are added to any distance under 400 meters.

****It is rare to get a full D-1 scholarship for Track and Field. A school averages 12 scholarships to cover the whole roster, (freshman to senior, track and XC). Most programs split these up and offer partial scholarships and scholarship incentives to upper classmen.**

Division 2

Sample High School Creditentials:

- 3/4 year varsity letter winner
- State qualifier and high sectional finish
- Awards such as All-County, All-Division

Examples of D2- Tier 1 Programs: St. Augustine's, Adams State

Examples of D2 - Tier 2 Programs: Kutztown University, Holy Family University

Event	Tier 1 Scholarship	Tier 1 Roster	Tier 2 Scholarship	Tier 2 Roster
55m	6.6	6.7	6.8	7.2
55mHH	7.65	7.9	8.0	8.2
110H	14.9	15.5	15.1	16.0
400h	54.5	57.0	56.0	60.0
100m	10.9	11.3	11.1	11.3
200m	22.0	24.0	23.0	24.0
400m	49.0	52.0	52.0	54.0
800m	1:57	2:00	1:58	2:02
1600m	4:30	4:45	4:45	5:00
3200m	9:30	9:45	9:50	10:15
HJ	6' 4''	6'	6' 2''	6'
PV	14' 6''	13'	13' 6''	12'
LJ	22' 6''	20'	22'	19'
TJ	45'	40'	42'	38'
SP	50'	45'	45'	40'
Disc	150'	130'	150'	120'
Jav	170'	150'	160'	145'

All times should be FAT [Fully automatic timing]. Hand times are rarely recognized by colleges and when they are, .24 seconds are added to any distance under 400 meters.

****It is rare to get a full D-2 scholarship for Track and Field. A school averages 12 scholarships to cover the whole roster, (freshman to senior, track and XC). Most programs split these up and offer partial scholarships and scholarship incentives to upper classmen.**

Division 3

Sample High School Creditentials:

- 2+ year varsity letter winner
- State qualifier, high division/county finish
- Awards such as All-Division

Examples of D3 programs – College of New Jersey, Rowan University

*****D3 schools DO NOT offer athletic scholarships; however, grants and academic aid can be used instead*****

Event	Roster Times
55m	7.0
55mHH	8.2
110H	17.0
400h	60.0
100m	11.4
200m	23.5
400m	53.0
800m	2:04
1600m	4:50
3200m	10:30
HJ	5' 9"
PV	13'
LJ	19' 6"
TJ	38' 2"
SP	40'
Disc	120'
Jav	140'

All times should be FAT [Fully automatic timing]. Hand times are rarely recognized by colleges and when they are, .24 seconds are added to any distance under 400 meters.

Academics are the primary focus for Division III student-athletes. The division minimizes the conflicts between athletics and academics and helps student-athletes progress toward graduation through shorter practice and playing seasons and regional competition that reduces time away from academic studies. Participants are integrated on campus and treated like all other members of the student body, keeping them focused on being a student first.