

# Western Carolina University

## Track and Field / Cross Country Scholarship & Walk-on Standards

Event	Men's Scholarship Standard	Men's Walk-on Standard	Women's Scholarship Standard	Women's Walk-on Standard
100m	10.70	11.20	12.10	12.60
200m	21.70	22.60	25.20	26.30
400m	48.60	51.00	57.50	1:01.00
800m	1:56.00	2:00.00	2:19.00	2:25.00
1500m	4:04.00	4:10.00	4:55.00	5:10.00
1600m	4:24.00	4:30.00	5:18.00	5:32.00
3200m	9:45.00	10:10.00	11:40.00	12:20.00
100/110m H	14.60	15.50	14.80	15.70
300m H	39.00	41.00	45.00	47.00
400m H	54.00	57.00	1:05.00	1:08.00
Long Jump	22-8	21-0	18-6	17-0
Triple Jump	47-0	44-0	38-0	35-0
Pole Vault	15-1	13-6	11-6	10-0
High Jump	6-6	6-2	5-5	5-2
Shot Put	53-0	47-0	41-0	36-0
Discus	160-0	140-0	135-0	110-0
Javelin	180-0	155-0	130-0	105-0
Hammer	180-0	160-0	140-0	120-0
XC – 5K	16:00.00	17:00.00	19:00.00	20:20.00

\*\*Cross Country Times must be from a legitimate known XC Course. Course difficulty can be taken into consideration.

\*\*All Track times are based upon outdoor performances, unless an Indoor Performance meets standard.

**The chart above lists athletic performances (Track & Field/Cross Country) that will be considered as either potential scholarship or walk-on positions in our program.**

**Athletic Scholarships may range from less than 1% to 100%. Achieving a standard does not automatically guarantee scholarship. Scholarship awards are based upon our immediate needs and scholarship \$\$ availability. Achieving standards in multiple events may increase the chance of receiving athletic aid.**