

*Benedict College*  
Track & Field  
Qualifying Standards for Scholarships

<b>Events / Gender</b>	<b>Full Scholarship</b>	<b>Partial Scholarship</b>
<b>100 Meter Dash: Women</b>	11.60	12.20
<b>Men</b>	10.34	10.65
<b>200 Meter Dash: Women</b>	23.90	24.98
<b>Men</b>	20.90	21.58
<b>400 Meter Dash: Women</b>	55.30	56.80
<b>Men</b>	46.79	48.30
<b>800 Meter Run: Women</b>	2:10	2:19
<b>Men</b>	1:49	1:58
<b>1500 Meter Run: Women</b>	4:39	5:00
<b>Men</b>	3:50	4:05
<b>400 Meter Hurdles: Women</b>	59:00	1:03
<b>Men</b>	51.40	53.50
<b>100 Meter Hurdles: Women</b>	13.79	14.54
<b>110 High Hurdles: Men</b>	13.89	14.50
<b>5000 Meter Run Women</b>	17:00	17:50
<b>Men</b>	14:10	14:50
<b>Shot Put Women</b>	45-02ft	40-00ft
<b>Men</b>	48-00ft	45-05ft
<b>Discus</b>	160 ft	120ft

<b>Women</b>		
<b>Men</b>	180ft	145ft
<b>Javelin Women</b>	170 ft	120ft
<b>Men</b>	195 ft	165ft
<b>Long Jump Women</b>	20'2" ft	18'4"ft
<b>Men</b>	25'1 ft	23'8ft
<b>Triple Jump Women</b>	40-0ft	38'8"ft
<b>Men</b>	50-0ft	48"5ft
<b>High Jump Women</b>	5-9ft	5-6ft
<b>Men</b>	6-11 ft	6-6ft
<b>Pole Vault Women</b>	12-00ft	10-3ft
<b>Men</b>	15-6ft	13-4ft