

Benedict College
Track & Field
Qualifying Standards for Scholarships

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

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