

Florida State Track & Field/Cross Country Scholarship & Walk-On Standards

Event	Men		Women	
	Scholarship Standard	Walk-on Standard	Scholarship Standard	Walk-on Standard
100m	10.48	10.60	11.67	12.00
200m	21.25	21.5	24.00 2	5.00
400m	47.50	48.00	54.50	57.00
800m	1:52	1:54	2:09	2:20
1600m	4:11	4:20	4:55	5:25
3200m	9:10	9:28	10:50	11:30
100/110 H	13.95	14.30	14.00	14.70
300H	37.00	38.20	43.10	44.50
Long Jump	24' 6"	23'	19' 6"	18' 6"
Triple Jump	51'	47' 6"	40'	38'
Pole Vault	16' 6"	15' 6"	12'	6" 11'
High Jump	7' 6"	8"	5' 10"	5' 5"
Shot Put	60' 10"	57'	45' 1"	40'
Discus	185' 9"	170'	149' 7"	136'
Javelin	210'	190'	140'	120'
Hammer	210' (12 lb)	185' (12 lb)	170	
Cross Country				
5k	15:30	16:00	17:59	21:00

* The chart above lists athletic performances that will be *considered* for athletic aid.

* Athletic scholarships may range from 10% to 100%. Achieving standards in multiple events may increase the chance of receiving athletic aid.

* The men's team has a total of 12.6 scholarships and the women's team is limited to 18 scholarships.

* Women's walk-on standards are suggested performance levels in order to project potential to earn a roster spot at the ACC Championships.

* Other performances might be considered