

Iowa Track & Field/Cross Country Scholarship & Walk-On Standards

Event	Men			Women		
	Scholarship Standard	Walk On Standard	NCAA 8th place	Scholarship Standard	Walk On Standard	NCAA 8th place
100m	10.60	10.90	10.42	11.70	12.20	11.62
200m	21.40	21.90	21.05	24.20	24.60	23.35
400m	47.90	48.90	45.91	54.50	56.50	52.38
800m	1.52	1:54	01:48.1	2.09	2.20	02:06.1
1600m	4:11	4:20	3:41	4.55	5:20	04:17.5
3200m	9.10	9.28	14:21.1 (5K)	10:45	11:15	16:15.5 (5K)
100/110H	13.95	14.4	13.76	13.95	14.5	13.18
300H	37.2	38.2	50.69	43.1	44.5	57.82
High Jump	6'10"	6'6"	7'2.5"	5'10"	5'5"	5'10.75"
Pole Vault	16'6"	15'6"	13'3.75"	12'	10'	17'6.5"
Long Jump	24'3	22'11	24'11"	19'4	18'	20'6.5"
Triple Jump	50'10"	47-7"	51'7.25"	40'	38'	43'2.25"
Shot Put	61'(12lb)	57'(12lb)	62'5.25"	44'	40'	54'
Discus	185' (1.6K)	170'(1.6k)	182'9"	150'	120'	169'01"
Hammer	200'(12Lb)	180'(12lb)	210'11"	170'	140'	202'11"
Javelin	200'	170'	223'06"	130'	110'	
Heptathlon				5000 PTS	4100 PTS	5603 PTS
Decathlon	6700 PTS	6300 PTS	7383 PTS			
400H	52.5	54	50.76	59	63	58.47
Cross Country						
5k	15:30	16:00		17:59	19:30	

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

Athletic scholarship may range from 1%-100%. Achieving standards in multiple events increases the chance of receiving athletic aid

Factors which influence decision: (1) Present team strengths (2)Academic Excellence (3)Coaches Evaluation (4) Potential for development (5)Competition background (6) Years of Participation and any items deemed important by Coaching staff.

** Please contact coaching staff to discuss potential interest.