

Track Standards for Walk-On Athletes

Do you sponsor a Track and Field team?

Yes. As of February, 2006 Loyola Marymount University **does** officially sponsor both Men's and Women's Track & Field as NCAA-sanctioned sports. **HOWEVER**, if you are interested in joining our team as a "track only" athlete (and **NOT** cross country), then you must understand that our goal in adding track was two-fold:

- 1) to improve the competitiveness of our cross country programs, and
- 2) to provide additional competitive opportunities for our *distance* athletes in the spring (i.e. qualifying for post-season championships).

What are your walk-on standards?

Our walk-on standards are listed below. Our standards are based on marks that would be competitive at the Division 1 meets in which we compete. If you don't meet any of the standards but are still interested in attending LMU, please contact Coach Drew Roberts (email: arober10@lmu.edu) and he will talk to you about your individual circumstance.

Event	Walk-On Standard		2007 NCAA Regional Qualifying Standards	
	Men	Women	Men	Women
100m	11.0	12.5	10.50	11.75
200m	22.5	26.0	21.19	23.96
400m	50.0	58.0	47.2	54.61
800m	1:58.0	2:20.0	1:50.4	2:09.8
110mH	15.3	15.0	14.30	13.92
400mH	55.0	64.0	52.51	60.80
High Jump	6-06	5-03	6-010.5	5-08.9
Long Jump	22-00	18-00	24-01	19-08
Triple Jump	46-00	38-00	49-03	40-05

**Please note that we are unable to support Pole Vault, Shot Put, Discus, Javelin or Hammer.

Does your program offer scholarships?

Yes, we do offer athletic scholarships on both the men's and women's teams. In addition, many of our athletes receive financial aid from other sources (academic scholarships, need-based grants, etc.) in lieu of an athletic scholarship.

PLEASE NOTE: *Athletic scholarships are reserved solely for distance athletes who compete in both cross country and track.*

When does the track season start?

For our “track only” athletes, we do have a sprints/jumps coach who will work with you in the off-season. We will start you on a strength training program soon after the beginning of school in the fall. Typically, your “off-season” practice will consist of meeting 3-4 times per week and will begin in October. We typically run our first track meet about mid-February; however, spring track practice begins immediately following the winter holiday break. See our website for last year’s track schedule.

What are your facilities like?

We do not have a track facility on campus. However, there are at least two all-weather tracks located a short drive from our campus. In the spring, we rent space at local facility at least twice a week. You will also have full access to our academic services for student-athletes, our training room staff as well as our strength and conditioning facilities and coaching staff.

I’m interested in your program. What should I do next?

1. Complete the prospect questionnaire which is available on the track website
2. Register for the NCAA Clearinghouse at: <http://www.ncaaclearinghouse.net>
3. If you are planning on transferring from another institution you must first secure a release from your athletic department before we can communicate with you
4. Apply for admission to Loyola Marymount

Be sure to check out our track website. You can link to it from our main Athletics homepage at: <http://www.lmulions.com>

Still have questions?

Contact Assistant Coach Drew Roberts at: arober10@lmu.edu.