

University of North Carolina Track and Field/Cross Country Standards for scholarship and walk on consideration

Event	Target Recruits Men	Scholarship Standard Men	Walk On Standard Men	Target Recruits Women	Scholarship Standard Women	Walk On Standard Women
100	10.35	10.50	10.70	11.50	11.75	11.90
200	20.90	21.1	21.50	23.60	24.0	24.80
400	47.00	47.50	49.00	53.60	54.50	56.80
800	1:50.50	1:52.00	1:55.00	2:08.00	2:12.00	2:17.00
1600	4:08.00	4:12.00	4:20.00	4:48.00	4:57.00	5:06.00
3200	8:58.00	9:10.00	9:20.00	10:30.00	10:50.00	11:10.00
110H/100H	13.50	13.95	14.20	13.60	14.00	14.50
300H	36.00	37.00	38.00	42.30	43.10	44.50
400H	50.40	51.80	53.30	59.00	1:01.00	1:03.00
Long Jump	25'	24'	23'	20'	19'0	18'6"
Triple Jump	52'	50'	47'6"	42'	40'	38'
Pole Vault	17'	16'	15'7"	13'	12'3"	11'9"
High Jump	7'1"	6'10"	6'8"	6'	5'10"	5'7"
Shot Put	65'	63'	58'	51'	48'	45'
Discus	195'	186'	170'	165'	155'	140'
Javelin	220'	200'	180'	160'	145'	125'
Hammer	230'	220'	200'	180'	170'	150'
Dec/Hep	Combination Of Events			Combination Of Events		

***** Reaching the posted standards does not guarantee you an athletic scholarship or a spot on the team.** There are many variables that have to be considered, including academics, scholarship availability and team needs. Scholarships can range in value from 1% to 100%. NCAA scholarship maximums are 18.0 for women and 12.6 for men. Competition for scholarships includes NCAA-eligible graduating seniors, junior college graduates, transfers, international students and current members of the team.