



Tennessee State University
Track & Field/Cross Country Standards
For Scholarship Athlete's and Walk-on's

Event	Men's Scholarship Standard	Men's Walk-on Standard	Women's Scholarship Standard	Women's Walk-on Standard
100m	10.80	11.00	11.90	12.40
200m	21.90	22.10	24.50	25.1
400m	48.50	50.25	56.20	59.5
800m	1:55	2:00	2:15	2:24
1500m	3:56	4:02	4:40	5:00
1600m	4:22	4:27	5:15	5:30
3200m	9:30	9:50	11:15	11:45
100/110H	14.50	14.90	14.60	15.15
300H	39.10	41.10	44.50	46.50
400H	53.5	55.5	1:03.5	1:07.00
Long Jump	23'	22'	18'5"	17'
Triple Jump	46'	43'5"	38'5"	36'
Pole Vault	15'	14'	11'6"	10'6"
High Jump	6'6"	6'2"	5'6"	5'2"
Shot Put	54'	50'	43'	37'
Discus	160'	140'	140'	125'
Javelin	180'	160'	130'	105'
Hammer	200'	170'	155'	135'
Cross Country (5K) *	16:00.00	17:30.00	18:45.00	21:45.00

* Cross Country times must be on known legitimate courses. Course difficulty will be considered.

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

Athletic scholarships may range from 1% to 100%. Achieving standards in multiple events may increase the chance for receiving athletic aid.

Other notable performances may be considered.