

University at Albany Track and Field Walk-on standards

Women	
Event	Walk On
55m	<b>7.40</b>
60m	<b>7.95</b>
100m	<b>12.50</b>
200m	<b>25.50</b>
300m	<b>40.75</b>
400m	<b>58.00</b>
500m	<b>1:17.50</b>
600m	<b>1:38.00</b>
800m	<b>2:18.00</b>
1,000m	<b>3:00.00</b>
1,500m	<b>4:45.00</b>
1,600m	<b>5:06.00</b>
1 mile	<b>5:08.00</b>
3,000m	<b>10:10.00</b>
3,200m	<b>10:55.00</b>
2 mile	<b>10:58.80</b>
5,000m	<b>18:00.00</b>
10,000m	<b>37:30.00</b>
4,000m / 2.5 Mile XC	<b>case by case basis</b>
5,000m XC	<b>case by case basis</b>
6,000m XC	<b>case by case basis</b>
55m HH	<b>8.40</b>
60m HH	<b>9.00</b>
100m HH	<b>15.00</b>
300m IH	<b>47.00</b>
400m IH	<b>1:06.00</b>

Women	
Event	Walk On
2,000m SC	<b>7:55.00</b>
3,000m SC	<b>12:00.00</b>
Pentathlon	<b>3,000 points</b>
Heptathlon	<b>4,000 points</b>
High Jump	<b>1.55m / 5' 01.00"</b>
Pole Vault	<b>3.06m / 10' 00.00"</b>
Long Jump	<b>5.35m / 17' 06.75"</b>
Triple Jump	<b>11.40m / 37' 05.00"</b>
Shot Put	<b>11.58m / 38' 00.00"</b>
20# Weight	<b>15.24m / 50' 00.00"</b>
Discus	<b>36.42m / 119' 06.00"</b>
Hammer	<b>41.76m / 137' 00.00"</b>
Javelin	<b>35.81m / 117' 06.00"</b>

**The performances listed are not scholarship standards.**

**These are minimum team standards, meeting anyone of these standards does not guarantee a roster spot.**

