

# MEN'S TRACK RECRUITING GUIDELINES BY DIVISION



## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

*General information includes camp brochures and admissions information.*

ALL DIVISIONS: ANYTIME, UNLIMITED

### MAY RECEIVE RECRUITING MATERIALS

*You may receive any written information including personal emails and letters.*

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR  
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR  
DIVISION III: ANYTIME, UNLIMITED  
NAIA: ANYTIME, UNLIMITED

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS: ANYTIME, UNLIMITED

### COLLEGE COACHES MAY CALL YOU

*Remember, you are always allowed to call coaches, but there are several restrictions about when they can call you, technically, DIII coaches can call at anytime, although many follow the DI rules.*

DIVISION I: SEPT. 1ST OF JUNIOR YEAR  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED  
DIVISION III: ANYTIME, UNLIMITED  
NAIA: ANYTIME, UNLIMITED

# MEN'S TRACK RECRUITING GUIDELINES BY DIVISION

MEN	Div 1 TOP	Div 1 LOW	Div 2 TOP	Div 2 LOW	Div 3 TOP	Div 3 LOW	NAIA Top	NAIA Low
55M IN	6.32	6.70	6.35	7.20	6.78	7.20	6.52	7.20
60M IN	6.61	7.10	6.65	7.40	6.92	7.40	6.81	7.50
60M HH	7.75	8.00	7.89	8.50	8.29	8.50	8.21	8.50
300M IN	33.94	35.80	34.99	37.90	36.78	39.00	34.99	39.00
500M IN	1:05.58	1:08.98	1:07.45	1:10.33	1:10.01	1:13.56	1:09.56	1:12.45
800M IN	1:21.08	1:24.67	1:22.34	1:28.45	1:27.55	1:30.55	1:23.44	1:25.65
1000M IN	2:28.55	2:32.44	2:31.33	2:37.44	2:38.43	2:42.44	2:34.32	2:38.56
3000M IN	7:54.15	7:59.44	7:54.22	8:00.55	8:00.44	8:14.66	8:15.55	8:30.32
110M HH	13.75	14.50	14.13	15.30	14.51	16.50	14.62	15.55
300M IH	35.92	38.50	38.02	43.00	39.67	44.00	40.55	45.00
400M IH	50.58	56.00	52.76	60.00	53.39	63.00	54.87	60.00
100M	10.13	10.90	10.44	11.20	10.65	11.40	10.68	11.30
200M	20.87	22.20	21.90	23.00	22.34	24.50	22.02	23.00
400M	45.68	49.90	47.09	52.00	48.61	54.00	48.82	52.00
800M	1:47.58	1:55	1:52.53	1:57	1:54.32	1:58.44	1:55.31	1:58
1500M	3:46.32	4:03.56	4:04.19	4:25.33	4:07.34	4:20.66	4:02.45	4:16.44
1600M	4:04.23	4:23.44	4:12.34	4:33.56	4:17.45	4:42.55	4:12.33	4:39.56
3200M	8:47.75	9:30.43	8:59.34	9:45.56	9:29.56	10:13.44	9:09.45	10:01.66
5K XC	14:20	16:05	15:50	16:30	17:00	17:30	16:12	17:00
3000M	8:49.29	9:50	9:32.44	10:15	9:19.05	10:30	9:38.5	10:30
High Jump	7' .5"	6'6"	6'10"	6'4"	6'8"	6'0"	6'6"	6'4"
Long	24'4.25"	22'	24'1"	20'	23'9"	18'6"	23'3"	18'
Shot Put	63'11.5"	55'6"	56'5"	48'6"	55'7"	46'5"	54'3"	49'5"
Discus	193'1"	167'	173'3"	156'	171'3"	140'	161'	120'
Pole Vault	18'5"	15'	16'11"	14'	16'2"	15'	15'7"	14'
Triple	52'4.75"	44'	49'10"	42'	48'7"	40'	47'11"	42'
Hammer	212'10"	170'4"	203'2"	175'4"	194'1"	165'3"	188'6"	150'4"
Javelin	225'8"	198'	211'3"	155'	208'2"	150'	185'5"	135'6"
Decathlon	7,666	6,100	6,342	5,600	6,239	4,500	6,388	4,700

\*\* Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

\*\* Our track & cross guidelines are based on what is REALISTIC for kids to compete at a given division level. They MUST be on this chart by the end of their junior season of cross or track in at least one event. If you are talking to a freshman or sophomore, they need to be within 10% of the lowest standards to enroll them. If they are a Junior or senior they MUST meet the minimum standard in at least one event.

## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

### YOU CAN TAKE UNOFFICIAL VISITS

You are allowed to take an unlimited amount of unofficial visits at any time during your career. An unofficial visit is any visit by you and your parents to a college campus paid for by you and your parents.

ALL DIVISIONS: ANYTIME, UNLIMITED

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

This means you can visit the coach off their college campus.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED

NAIA: ANYTIME, UNLIMITED

### YOU CAN TAKE OFFICIAL VISITS

An official visit is any visit to a college campus by you and your parents paid for by the college.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15H AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED