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# WOMEN'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

# WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION

Women	D1 Top	D1 Low	D2 Top	D2 Low	D3 Top	D3 Low	NAIA Top	NAIA Low
55M IN	6.95	7.35	7.25	7.75	7.90	8.25	7.40	8.00
60M IN	7.31	7.85	7.30	8.50	7.80	8.50	7.68	8.50
60M HH IN	8.16	8.80	8.36	10.00	8.95	10.20	8.93	10.00
300M IN	39.20	41.05	40.00	42.32	42.03	45.00	40.07	44.00
500M IN	1:15.94	1:18.45	1:17.44	1:20.45	1:22.56	1:25.44	1:19.67	1:22.43
600M IN	1:34.31	1:36.54	1:35.23	1:39.34	1:38.67	1:44.33	1:39.23	1:42.34
1000M IN	13.50	2:55.67	2:54.34	2:59.67	2:59.44	3:09.33	2:59.27	3:05.45
3000M IN	9:18.54	9:23.45	9:19.56	9:29.44	9:28.60	10:00.00	10:26.69	10:37.00
100M HH	13.12	14.70	14.18	15.60	14.26	17.50	14.56	17.50
300M IH	41.80	45.70	44.39	48.00	47.56	49.50	45.66	48.50
400M IH	57.15	65.50	60.99	67.00	62.45	75.00	64.03	75.00
100M	11.23	12.20	11.90	12.80	12.12	13.20	12.03	13.50
200M	23.00	25.40	23.90	26.50	24.58	28.50	24.57	28.00
400M	52.06	58.50	54.88	63.00	56.72	67.00	56.14	62.50
800M	2:04.18	2:15	2:06.99	2:27	2:10.65	2:32	2:15.21	2:25
1500M	4:13.3	5:15	4:30.45	5:18	4:40.76	5:20	4:39.74	5:15
1600M	4:39.32	5:23	5:03.44	5:45	5:05.67	6:00	5:01.44	5:47
3200M	10:08.11	11:32	10:29.45	12:00	10:35.67	12:30	10:26.69	12:00
5K XC	16:53	18:50	17:59	19:45	21:12	23:00	18:23	22:04
3000M STPL	10:07.99	12:00	11:23.87	12:50	11:39	12:30	11:49.25	12:25
High Jump	6'0"	5'4"	5'8"	5'2"	5'5"	4'9"	5'6"	5'0"
Long Jump	20'6.25"	18'	19'	16'3"	19'	16'	19'1"	16'
Shot Put	55'1"	43'5"	47'3"	39'6"	44'8"	34'	44'11"	36'
Discus	174'1"	147'9"	153'	113'6"	143'6"	110'4"	121'3"	100'
Pole Vault	14'	12'	13'	11'6"	12'5"	10'	12'	10'
Triple Jump	42'9"	38'6"	40'4.5"	32'5"	39'1"	31'5"	37'10"	30'6"
Hammer	206'9"	170'4"	182'	146'4"	170'6"	120'3"	157'5"	110'6"
Javelin	172'1"	141'	149'	127'	138'5"	112'3"	117'10"	100'
Heptathlon	5,558	4,000	4,915	3,500	4,691	3,000	4,223	3,000

\*\* 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