

## Saint Joseph's University Men's XC and Track and Field

### Standards for Consideration for 2018-2019 Roster Spots for Participation (Incoming Freshmen) and Continued Participation (Returning Members)

EVENT	INCOMING FRESHMAN PARTICIPATION STANDARD	END OF SOPHOMORE YEAR STANDARD (“Continuation” Standard)
<b>100m</b>	11.30	11.10
<b>200m</b>	23.00	22.50
<b>400m</b>	51.60	50.25
<b>400m IH</b>	57.50	56.00
<b>800m</b>	2:01.00	1:58.00
<b>1500m</b>	4:10.00 (Mile $\approx$ 4:30 / 1600m $\approx$ 4:28.5)	4:03.00
<b>3000m</b>	9:05.00 (2 mile $\approx$ 9:48 / 3200m $\approx$ 9:45)	8:48.00
<b>3000m SC</b>	9:59.00	9:39.00
<b>5000m</b>	XXX	15:15.00
<b>10,000m</b>	XXX	32:00.00
<b>High Jump</b>	6' 0"	6' 4"
<b>Long Jump</b>	21' 0"	22' 0"
<b>Triple Jump</b>	43' 6"	44' 6"

**Note 1:** These standards are for “open” performances only, not relay splits.

**Note 2:** Standards are for *consideration* for available roster positions only. Final decisions to fill available roster spots are made by the Head Coach, with input from the staff.

**Note 3:** In addition to the above “Continuation” Standards, an athlete’s academic standing, as well as compliance with Community Standards, SJU and Athletic Department policies, and team rules and expectations may/will be factored into the final decision to fill the team’s available roster spots.

**Note 4:** Standards will be evaluated/updated annually as needed.