

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

Standards for Consideration for 2017-2018 Roster Spots for Participation (Incoming Freshmen) and Continued Participation (Returning Members)

EVENT	INCOMING FRESHMAN STANDARD	End of FRESHMAN YEAR STANDARD (Continuation Standards)	End of SOPHOMORE YEAR STANDARD (Continuation Standards)
100m	11.40	11.20	11.10
200m	23.10	22.80	22.60
400m	51.80	51.00	50.50
400m IH	58.00	57.00	56.50
800m	2:02.00	2:00.00	1:59.00
1500m	4:13.00 (equiv. mile \approx 4:33)	4:10.00 (equiv. mile \approx 4:30)	4:07.00 (equiv. mile \approx 4:27)
3000m	9:10.00 (equiv. 3200 \approx 9:50)	9:00.00	8:52.00
3000m SC	10:00.00	9:50.00	9:40.00
5000m	XXX	15:40.00	15:20.00
10,000m	XXX	33:10.00	32:30.00
High Jump	6' 0"	6' 2"	6' 4"
Long Jump	21' 0"	21' 8"	22' 0"
Triple Jump	43' 0"	44' 0"	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 and 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.