

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

Standards for Consideration for 2019-2020 Roster Spots for Participation (Incoming Freshmen) and Continued Participation (Returning Members)

EVENT	INCOMING FRESHMAN PARTICIPATION STANDARD	END OF SOPHOMORE YEAR STANDARD (“Continuation” Standard)
100m	11.25	11.10
200m	22.85	22.45
400m	51.20	50.20
400m IH	57.00	56.00
800m	1:59.75	1:57.50
1500m	4:06.50 (Mile \approx 4:26.5 / 1600m \approx 4:25.0)	4:01.50
3000m	9:00.00 (2 mile \approx 9:43 / 3200m \approx 9:40)	8:45.00
3000m SC	9:50.00	9:35.00
5000m	XXX	15:10.00
10,000m	XXX	31:45.00
High Jump	6' 1"	6' 4"
Long Jump	21' 3"	22' 0"
Triple Jump	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.