

Saint Joseph's University Women's Track and Field Standards for Roster Consideration

EVENT	INCOMING STANDARD	END OF SOPHOMORE YEAR STANDARD
100m	13.50	12.90
200m	27.80	27.00
400m	64.00	62.00
400IH	70.00	67.00
800m	2:35.00	2:29.00
1600m	5:37.00	5:30.00
3200m	11:55.00	10:50.00 (3000m)
High Jump	4'11"	5'2"
Long Jump	16'2"	17'0'
Triple Jump	33'0"	35'0"
5K - XC	22:00.00	XXXXXX

NOTE: In addition to the above standards, an athlete's academic standing, as well as compliance with community standards, SJU and Athletic Department policies and team rules and expectations may also factor into the final decision to fill the team roster.