

## Saint Joseph's University Women'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)
<b>100m</b>	13.90	13.50	13.20
<b>200m</b>	28.50	28.10	27.40
<b>400m</b>	64.80	64.00	63.00
<b>400m IH</b>	70.00	68.80	67.00
<b>800m</b>	2:42.00	2:38.00	2:35.00
<b>1500m</b>	5:18.00 (equiv. mile ≈ 5:40)	5:13.00 (equiv. mile ≈ 5:35)	5:08.00 (equiv. mile ≈ 5:30)
<b>3000m</b>	11:45.00 (equiv. 3200 ≈ 12:30)	11:30.00	11:15.00
<b>3000m SC</b>	XXXX	12:30.00	12:15.00
<b>5000m</b>	XXXX	21:00.00	20:45.00
<b>10,000m</b>	XXXX	XXXX	39:45.00
<b>High Jump</b>	4' 11"	5' 0"	5' 2"
<b>Long Jump</b>	17' 0"	17' 4"	17' 10"
<b>Triple Jump</b>	34' 0"	34' 6"	35' 0"

**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.