



Department of Athletics, Physical Education and Recreation

TRACK & FIELD/CROSS COUNTRY  
SCHOLARSHIP QUALIFICATIONS

In order for a student-athlete to be eligible for admission to Stanford the following is necessary:

1. A good distribution of coursework in academic subjects.
2. Have taken the SAT, and/or
3. Have taken the ACT.
4. Evidence of being well rounded in terms of activities.

We welcome all prospects meeting the above criteria.

Approximately fifty percent of the general Stanford student body receives some degree of financial assistance from their state, from the University or from other private and public scholarship programs.

To be considered for athletic scholarship support, a prospect must meet the above criteria plus any of the marks listed below. Please understand that these marks are guidelines and are not absolute.

1. 100 Meters (100 yards)	11.7 (10.7)	10.6 (9.6)
2. 200 Meters (220 yards)	23.8 (24.0)	21.2 (21.3)
3. High Hurdles-Meters (yards)	14.0 (14.0)	13.7 (13.7)
4. 400 Meters (440 yards)	54.0 (54.3)	47.5 (47.7)
5. 400 Meter Hurdles (330 yards)	60.0 (44.0)	54.0 (37.0)
6. 800 Meters (880 yards)	2:10.0 (2:10.8)	1:52.0 (1:52.8)
7. 1500 Meters (mile)	4:25.0 (4:50.0)	3:52.0 (4:12.0)
8. 3000 Meters (2 mile)	9:47.0 (10:30.0)	8:30.0 (9:10.0)
9. 5000 Meters (3 mile)	17:10.0 (16:35.0)	14:50.0 (14:10.0)
10. Cross Country	open	open
11. Shot Put	45'0" (4K)	61'6" (12 lbs.)
12. Discus	140'0"	185'0" (31bs. 9 oz.)
13. Javelin	150'0"	220'0"
14. High Jump	5'8"	6'10"
15. Long Jump	20'0"	24'0"
16. Triple Jump	- - -	49'6"
17. Hammer	- - -	190'0" (12 lbs.)
18. Pole Vault	- - -	16'0"
19. Other	- - -	- - -