

Track and Field Recruiting Standards 2026

The mark where a typical college program recruits (median program): Recruit level in D1 and D2, Target level in D3 and NAIA. Field events in feet and inches.

Men

Event	D1 Recruit	D2 Recruit	D3 Target	NAIA Target
100m	10.58	10.74	10.87	10.66
200m	21.32	21.72	22.07	21.79
400m	48.11	49.16	49.66	49.21
800m	1:51.83	1:54.78	1:55.99	1:55.29
1500m	3:49.39	3:59.06	3:59.08	4:01.19
5000m	14:33.74	15:05.85	15:03.67	15:22.62
110m Hurdles	14.86	15.48	15.55	15.44
400m Hurdles	55.21	57.64	57.09	56.54
High Jump	6'4"	6'0.75"	6'0.75"	6'3.25"
Long Jump	22'10.5"	22'2.25"	21'10.25"	22'3.75"
Triple Jump	45'8"	43'11.5"	43'3.25"	44'1.25"
Pole Vault	14'7.25"	12'11.5"	14'1.25"	14'3.25"
Shot Put	49'10"	44'5.5"	44'10.25"	45'4"
Discus	149'0.25"	135'4"	138'3.5"	140'3.5"

Women

Event	D1 Recruit	D2 Recruit	D3 Target	NAIA Target
100m	11.90	12.22	12.45	12.27
200m	24.30	25.07	25.80	25.25
400m	56.00	58.04	59.37	59.62
800m	2:12.21	2:18.82	2:20.67	2:22.01
1500m	4:31.77	4:46.02	4:48.95	4:55.32
5000m	17:13.74	18:11.10	18:19.19	18:34.00
100m Hurdles	14.28	15.29	15.64	15.06
400m Hurdles	1:03.38	1:07.83	1:08.93	1:07.80
High Jump	5'4.25"	4'11.75"	4'11.75"	5'0.75"
Long Jump	18'9.25"	17'7.5"	17'2"	17'5.75"
Triple Jump	38'3.5"	35'5.5"	34'7.25"	35'1.75"
Pole Vault	11'9.75"	11'0"	10'8"	10'11"
Shot Put	42'8.25"	36'9"	36'11.75"	37'1.25"
Discus	139'2.75"	116'8.5"	118'2.5"	118'7.25"

Medians across 1,157 college programs' standards. Every school's own marks: trackandfieldstandards.com · Updated 2026-10-30 · Preferred Recruit