Catholic University of America Cardinals

Track & Field
Recruiting Guidelines

Women		Men	
Event	**Better Than**	**Event**	**Better Than**
55m Dash	7.80	55m Dash	6.80
60m Dash	8.20	60m Dash	7.30
100m Dash	12.90	100m Dash	11.20
200m Dash	27.00	200m Dash	23.00
400m Dash	1:01.00	400m Dash	51.00
800m Run	2:25.00	800m Run	2:02.00
1600m Run	5:33.00	1600m Run	4:38.00
3200m Run	11:45.00	3200m Run	10:00.00
5k (XC)	19:30.00	5k (XC)	16:30.00
55m Hurdles	9.50	55m Hurdles	8.10
60m Hurdles	10.00	60m Hurdles	8.80
100m Hurdles	16.80	110m Hurdles	16.50
300m Hurdles	50.00	300m Hurdles	41.00
400m Hurdles	1:09.00	400m Hurdles	59.00
High Jump	4’10”	High Jump	6’0”
Pole Vault	10’0”	Pole Vault	13’0”
Long Jump	17’0”	Long Jump	21’0”
Triple Jump	34’0”	Triple Jump	42’6”
Shot Put	33’0”	Shot Put	42’0”
Discus	100’0”	Discus	130’0”
Javelin	100’0”	Javelin	140’0”

Note: all distances are measured in feet and inches

The Catholic University track & field program is looking for student-athletes who meet or exceed these criteria in their respective event(s). Those student-athletes who are interested in competing for the Cardinal program should contact head coach, Steve Rahn at rahns@cua.edu