Recruiting Contact Information
Head Coach Matt Stith
Contact: dstith@lssu.edu

If you are interested in being a student athlete in the pristine upper peninsula of Michigan at historic Lake Superior State University, we invite you to fill out our online recruitment questionnaire:

Track and Field: https://questionnaires.armssoftware.com/69f8eb685edf

Recruiting Standards: All recruits should target a cumulative GPA of 3.0. Application and admittance to LSSU, registration with the NCAA Eligibility Center, a valid NCAA ID number, and meeting NCAA core course and GPA requirements for initial eligibility in NCAA Division II are required to join the team.

Track and Field				
Event	Men		Women	
	Scholarship	Walk-On	Scholarship	Walk-On
100m	11.25	11.60	13.00	13.40
200m	23.10	23.80	26.80	27.50
400m	52.50	54.50	1:03	1:05
800m	2:00.00	2:05.00	2:30.00	2:37.50
1600m	4:33.00	4:40.00	5:40.00	6:00.00
3200m	9:50.00	10:10.00	12:30.00	13:00.00
110m/100m Hurdles	15.75	16.40	15.70	16.30
300m Hurdles	40.50	41.30	47.60	49.00
Shot Put	40’ 0”	35’ 0”	29’ 0”	25’ 0”
Discus	120’ 0”	110’ 0”	95’ 0”	90’ 0”
Javelin	120’ 0”	110’ 0”	105’ 0”	95’ 0”
Long Jump	20' 2”	18' 9"	16’ 8”	16’ 0"
Triple Jump	41’ 0”	39’ 0”	32’ 8”	31’ 0”
High Jump	6’ 2”	5’ 10”	5’ 0”	4’ 10”
Pole Vault	13’ 0”	12’ 6”	10’ 6”	10’ 0”
Cross Country - 5000m	16:30.00	16:50.00	20:30.00	22:00.00

NOTE:
If you do not meet the above performance standards but still have a strong interest in competing for LSSU and a good cumulative GPA, please don’t hesitate to submit a questionnaire. Standards will vary from year to year and any athletic scholarships are based on the current needs, resources, and plans of the team.