PIRATES

TRACK & FIELD
CROSS COUNTRY

Women's Standards				Men's Standards		
2025 Nat'l Qualifer	2025 Top SAA ^/SCAC *	Minimum	Event	Minimum	2025 Top SAA ^/SCAC *	2025 Nat'l Qualifer
11.82	11.58 ^	13.5	**100**	11.5	10.32 *	10.46
24.35	24.16 ^	28.5	**200**	23.1	21.36 ^	21.23
55.41	56.52 ^	1:04	**400**	52	47.24 *	47.24
2:10.19	2:14.36 *	2:35	**800M**	2:04	1:51.31 *	1:50.47
		6:00	**1600M**	5:00		
		13:30	**3200M**	10:40		
16:44.25	17:47.25 *	21:30	**5K**	17:30	14:41.33 *	14:11.99
14.25	14.15 *	16.6	**100 H / 110 H**	15.5	13.86 *	14.32
		52	**300 H**	43.5		
1:01.93	1:01.07 *	1:09	**400 H**	1:00.50	52.70 ^	52.74
19' 0.5"	19' 7" *	14'	**Long Jump**	19'	23' 7.25" *	23' 10"
39' 0.5"	39' 6.5" ^*	30'5"	**Triple Jump**	38'	49' 2.5" *	48' 2"
5' 5.25"	5' 7.25" *	4'6"	**High Jump**	6' 1"	6' 7.5" *	6' 9"
45' 3"	44' 4.75" ^	32' 9.75"	**Shot Put**	39'	52' 4" *	53' 11.25"
148' 5"	142' 1" *	102'	**Discus**	110'	150' 11" ^	166' 11"
135' 3"	127' 0" ^	90'	**Javelin**	120"	193' 6" *	202' 10"
172' 1"	158' 6" ^	100'	**Hammer**	100'	184' 3" *	191' 2"
12' 6.75"	12' 3.25" *	9'	**Pole Vault**	12' 1	15' 10.5" ^	16' 2"

Southwestern University transitioned from the Southern Collegiate Athletic Conference (SCAC) to the Southern Athletic Association (SAA) for all sports beginning with the 2025–26 academic year

Track & Field - Kenneth Eboh / keboh@southwestern.edu
Cross Country - Joe Sponsel / sponsel2@southwestern.edu
southwesternpirates.com