



Florida State University Track & Field and Cross Country Athletic Standards for Scholarship and Walk-on Consideration

Greetings and thank you for your interest in Florida State Cross Country / Track & Field. We encourage you to browse our website for information and facts about our program. Please review our scholarship and walk-on standards found on the next page before contacting coaches in your respective event areas.

Keep in mind that as per NCAA rules, we cannot talk to prospective student athletes before July 1st of their Senior year. Also, due to the volume of inquiries we are not able to answer every e-mail.

Thank you and Go Noles!

Bob Braman
Head Coach
Florida State Track and Cross Country
2006 & 2008 NCAA Champions

Bob Braman- rbraman@fsu.edu
Men's Distance

Ken Harnden - kharnden@admin.fsu.edu
Men's & Women's Sprints, Jumps, Multis

Karen Harvey- kdharvey@admin.fsu.edu
Women's Distance

Dorian Scott- dascott@fsu.edu
Men's & Women's Throws



Florida State University Track & Field and Cross Country Athletic Standards for Scholarship and Walk-on Consideration

<u>Event</u>	<u>Target Recruits MEN</u>	<u>Scholarship Standard Men</u>	<u>Walk-on Standard Men</u>	<u>Target Recruits WOMEN</u>	<u>Scholarship Standard Women</u>	<u>Walk-on Standard Women</u>
100m	10.30	10.50	10.60	11.50	11.70	11.80
200m	20.80	21.23	21.50	23.50	24.00	24.30
400m	46.60	47.20	47.80	52.50	54.20	55.00
800m	1:49.9	1:51.7	1:52.9	2:06	2:09	2:15
1600m	4:05	4:11	4:17	4:45	4:51	5:05
3200m	8:53	9:10	9:17	10:18	10:30	11:10
100/110H	13.56	13.89	14.20	13.40	13.60	14.20
300H	36.39	37.00	38.20	41.50	47.50	44.00
400H	51.00	52.80	53.20	58.50	59.50	61.50
LJ	25'05"	24' 6"	23'	20' 3"	19' 6"	18' 10"
TJ	51'6"	51'	48'	41' 5"	40'	38' 11"
PV	17'	16' 6"	15' 6"	13' 3"	12' 6"	11' 6"
HJ	7'2	7'	6' 10"	5' 11"	5' 9"	5' 7"
SP	63'	60' 4"	57' 10"	50' 5"	47'	43' 3"
DS	193'	186' 2"	177'	170'	155'	140'
JAV	225'	210'	190'	155'	150'	135'
HAMM	230'	220'	200'	180'	170'	140'
XC	See Below*					

***Athletes interested in Cross Country will be evaluated on their placing at State Championships, Foot Locker and Nike Regional and National competitions.**

Reaching these standards will not guarantee you an athletic scholarship or a spot on the team. There are many other factors consider: SAT and/or ACT scores, scholarship availability and team needs. Also note that scholarships can range in value from 1% to 100%.

Each year there are a limited number of scholarships available. These scholarships are divided among Track & Field and Cross Country. The competition for these scholarships is extremely tough. Keep in mind that in addition to high school athletes, we consider Junior College graduates, transfers, international student-athletes, and current members of our team. If you've met the above standards, we encourage you to contact us.