



## **EASTERN ILLINOIS™**

### **EIU Track and Field/Cross Country Scholarship and Walk-On standards**

Thank you for your interest in the Eastern Illinois Track and Field/Cross Country program. We encourage you to browse our websites [eiupanthers.com](http://eiupanthers.com) and [eiurunning.com](http://eiurunning.com). Please be sure to review our scholarship and walk-on standards listed below.

This is a baseline of the type of athletes we are looking for here at EIU. Regardless of your current mark please reach out to us. Our program is and will always be about development. We have had numerous athletes that have earned scholarship after their first year and have gone on to become conference champions, NCAA regional qualifiers, and NCAA All-Americans here at EIU.

Keep in mind that per NCAA rules we cannot talk to prospective student-athletes before September 1<sup>st</sup> of their junior year with most of recruiting taking place during the prospect's senior year.

Thank you and Go Panthers!!

James Gildon  
Director of Track and Field/Cross Country

| <b>Event</b>    | <b>Walk-On Men</b> | <b>Walk-On Women</b> |
|-----------------|--------------------|----------------------|
| 100             | 10.99              | 12.4                 |
| 200             | 22.3               | 25.5                 |
| 400             | 50                 | 58                   |
| 800             | 2:00               | 2:25                 |
| 1600            | 4:36               | 5:30                 |
| 3200            | 9:46               | 12:00                |
| 100/110 Hurdles | 14.8               | 14.85                |
| 300 Hurdles     | 39.99              | 46                   |
| Long Jump       | 22'0"              | 17'6"                |
| Triple Jump     | 45'0"              | 36'0"                |
| Pole Vault      | 14'0"              | 11'0"                |
| High Jump       | 6'4"               | 5'3"                 |
| Shot Put        | 52'0"              | 39'0"                |
| Discus Throw    | 150'0"             | 120'0"               |
| Javelin         | 160'0"             | 110'0"               |
| Hammer          | 170'0"             | 135'0"               |
| 3 Mile XC       | 15:35              | 19:00                |