



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



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

Keep in mind that per NCAA rules, we cannot contact prospective student-athletes prior to June 15 of their sophomore 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 Men's & Women's Track & Field/Men's Cross Country

2006 & 2008 NCAA Outdoor Track & Field Champions

Bob Braman - rbraman@fsu.edu

Men's Distance/Cross Country

Dorian Scott - dascott@fsu.edu

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Women's Sprints & Relays/Hurdles

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Women's Cross Country/Distance

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Keith Herston - kherston@fsu.edu

Men's & Women's Jumps, Pole Vault & Multis



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Event	Target Recruits MEN	Scholarship Standard Men	Walk-On Standard Men	Target Recruits WOMEN	Scholarship Standard Women	Walk-On Standard Women
100m	10.28	10.45	10.50	11.40	11.60	11.79
200m	20.70	20.95	21.30	23.40	23.70	24.10
400m	46.10	46.50	47.50	52.80	53.60	54.80
800m	1:49.0	1:51.0	1:53.0	2:06.5	2:09.0	2:13.0
1600m	4:05.0	4:09.0	4:15.0	4:45.0	4:50.0	5:05.0
1500m	3:48.0	3:52.0	3:57.0	4:25.0	4:30.0	4:44.0
3200m	8:52.0	9:02.0	9:16.0	10:18.0	10:30.0	11:10.0
3000m	8:18.0	8:28.0	8:38.0	9:38.0	9:50.0	10:27.0
100/110H	13.50	13.70	14.10	13.30	13.60	14.00
300H	36.39	37.00	38.20	41.50	42.50	43.50
400H	51.00	51.80	53.20	58.50	59.50	1:00.50
LJ	25-5 7.74m	24-9 7.54m	24-0 7.31m	20-8 6.30m	19-8 5.99m	19-0 5.79m
TJ	51-6 15.69m	51-0 15.54m	49-0 14.93m	42-6 12.95m	41-6 12.64m	40-0 12.19m
HJ	7-2 2.18m	7-0 2.13m	6-10 2.08m	5-11 1.80m	5-10 1.77m	5-8 1.72m
PV	17-4 5.28m	17-0 5.18m	16-0 4.87m	13-7 4.14m	13-3 4.03m	12-6 3.81m
SP	67-0 20.42m	63-0 19.20m	60-0 18.28m	50-5 15.36m	47-0 14.32m	44-0 13.41m
DT	205-0 62.50m	190-0 57.91m	185-0 56.38m	170-0 51.81m	155-0 47.24m	147-0 44.80m
JAV	225-0 68.58m	210-0 64.00m	190-0 57.91m	160-0 48.77m	150-0 45.72m	140-0 42.67m
HAM	230-0 70.10m	220-0 67.05m	200-0 60.96m	180-0 54.86m	170-0 51.81m	140-0 42.67m

Reaching these standards will not guarantee you an athletic scholarship or spot on the team. Multiple factors are considered including, academic performance, scholarship availability and team needs. Also note that scholarships can range in value from 1-100%.

Competition for scholarships is keen between high school, junior college, international and current FSU athletes. If you've met the above standards we encourage you to contact us!

Cross country athletes will be evaluated on performances at their State Championship, Foot Locker and Nike regional and national competitions.