



# Seminole State College

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Cross Country  
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## Seminole State College Men's and Women's Cross Country Athletic Standards for Scholarship and Walk-On Consideration:

We would like to thank you for your interest in Seminole State College Cross Country program. Please take your time exploring our website ( [seminolestateraiders.com](http://seminolestateraiders.com) ) for information about the university, athletic department and our program. Our scholarship and walk-on standards can be found below. Please review them prior to contacting Coach Clark. The Fall of 2019 will be just our second full men's and women's programs in over 30 years. Seminole State Cross Country has a tradition of excellence and we will build upon that greatest by recruiting the best distance and middle distance runners in the state of Florida.

Thank you very much for your interest,

Go RAIDERS!!

Ocky Clark

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(407)-300-3149

Men's and Women's Cross Country

### Women's Standards

Scholarship Standards:	Walk on Standards:
<b>5,000m 17:50-21:30</b>	<b>5,000m Sub 23:00</b>
<b>3200m 11:20-13:00</b>	<b>3200m Sub 14:00</b>
<b>1600m 5:10-5:30</b>	<b>1600m Sub 5:40</b>
<b>800m 2:14-2:25</b>	<b>800m Sub 2:35</b>

### Men's Standards

Scholarship Standards:	Walk On Standards:
<b>5,000m 15:50-17:10</b>	<b>5,000m 17:15-18:00</b>
<b>3200m 9:30-10:30</b>	<b>3200m Sub 11:00</b>
<b>1600m 4:20-4:40</b>	<b>1600m Sub 5:00</b>
<b>800m 1:54-2:02</b>	<b>800m Sub 2:10</b>