



Seminole State College

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Cross Country
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seminolestateraiders.com

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) 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 2018 will be our first full men's and women's programs in over 30 years. Seminole State Cross Country has a tradition of excellence and this fall 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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Men's and Women's Cross Country

Women's Standards

Scholarship Standards:	Walk on Standards:
5k Cross Country: 17:50- 20:10	5k Cross Country: 20:11-21:00
3200m: 11:20- 12:20	3200m: 12:20- 13:00
1600m: 5:10- 5:25	1600m: 5:26-5:35
800m: 2:14- 2:20	800m: 2:21-2:30

Men's Standards

Scholarship Standards:	Walk On Standards:
5k Cross Country: 15:50- 16:50	5k Cross Country: 16:51- 17:30
3200m: 9:30-10:20	3200m: 10:21- 10:30
1600m: 4:20- 4:35	1600m: 4:36- 4:50
800m: 1:54- 2:02	800m: 2:03- 2:10