FOOTBALL RECRUITING GUIDELINES BY DIVISION

BY DIVISION

	Div	/isio	n I-A	4			Div	/isio	n I-4	AA/J	C		Div	isio	n II/	NAIA			Div	isio	n III		
	HT	WT	40	BENCH	SQUAT		HT	WT	40	BENCH	SQUAT		HT	WT	40	BENCH	SQUAT		HT	WT	40	ВЕМСН	SQUA
QB (6'4	220	4.5	260	425	QB (6'2	200	4.6	250	385	QB (6'0	200	4.7	225	345	QB (5'10	180	4.8	205	315
RB (6'0	210	4.4	280	390	RB (5'11	195	4.5	270	375	RB (5'10	175	4.6	265	350	RB (5'9	160	4.7	260	340
WR (6'2	190	4.5	235	315	WR (6'0	176	4.6	225	295	WR (5'10	165	4.6	205	275	WR (5'8	150	4.7	200	265
TE (6'4	230	4.7	300	440	TE (6'3	220	4.8	285	420	TE (6'2	215	4.85	275	415	TE (6'1	205	4.9	270	405
OL (6'5	280	5.0	320	450	OL (6'3	270	5.2	305	425	OL (6'1	260	5.3	300	410	OL (6'0	235	5.4	295	405
5 (6'2	200	4.6	270	405	5	6'1	190	4.65	250	390	5 (5'11	185	4.7	250	390	5 (5'10	180	4.8	250	350
DB (6'0	185	4.5	270	405	DB (6'0	185	4.6	250	380	DB (5'10	175	4.65	250	380	DB (5'9	160	4.7	240	295
LB (6'2	220	4.6	315	445	LB (6'1	210	4.65	300	435	LB (6'0	200	4.7	295	405	LB (5'10	190	4.75	275	395
DL (6'4	250	4.6	315	450	DL (6'3	230	4.7	305	415	DL (6'2	220	4.8	305	405	DL (6'0	210	4.9	295	395

^{**}Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

FOOTBALL RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

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YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: ONCE FROM APRIL 15TH -MAY 31ST OF JUNIOR YEAR.

ONCE PER WEEK STARTING SEPT. 1ST OF SENIOR YEAR

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR, LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

MEN'S BASKETBALL RECRUITING GUIDELINES

TOP DI / TOP JC

常

LOW DI / TOP DII / TOP NAIA

LOW DIII / LOW NAIA

LOW DIII / LOW JC

文

	HT	PPG	APG	RPG
G (6'1"+	10+	6-8	N/A
	HT	PPG	APG	RPG
G (6'4"+	15+	N/A	N/A
	HT	PPG	APG	RPG
F (6'6"+	10-12+	N/A	8+
	HT	PPG	APG	RPG
F (6'8"+	10÷	N/A	8-10-
	HT	PPG	APG	RPG
(6'10"+	12-15+	N/A	8-10-

	HT	PPG	APG	RPG
· (6'1"+	8-12+	6	N/A
	HT	PPG	APG	RPG
G (6'3"÷	12-15+	N/A	N/A
	HT	PPG	APG	RPG
F (6'5"+	10+	N/A	8+
	HT	ppg	APG	RPG
F (6'7"+	10+	N/A	6-8+
	HT	PPG	APG	RPG
(6'8"+	12+	N/A	8-10

	HT	PPG	APG	RPG
G (5'11"+	8-10+	4-6	N/A
	HT	PPG	APG	RPG
(6'2"+	10-15+	N/A	N/A
	HT	PPG	APG	RPG
(6'4"+	10+	N/A	8+
	HT	PPG	APG	RPG
(6'5"+	10+	N/A	N/A
	HT	PPG	APG	RPG
(6'7"+	10÷	N/A	N/A

	HT	PPG	APG	RPG
PG (5'10"+	8-12+	6	N/A
	HT	PPG	APG	RPG
5G (6'2"+	10-12+	N/A	N/A
	HT	PPG	APG	RPG
SF (6'4"÷	10+	N/A	N/A
	HT	PPG	APG	RPG
PF (6'5"+	10÷	N/A	N/A
	HT	PPG	APG	RPG
c (6'7"+	10+	N/A	N/A

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

BASKETBALL RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: JUNE 15 AFTER SOPHOMORE YEAR.
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: OPENING DAY OF CLASS JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

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YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED. DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: JANUARY 1ST OF JUNIOR YEAR, LIMITED TO 1 VISIT

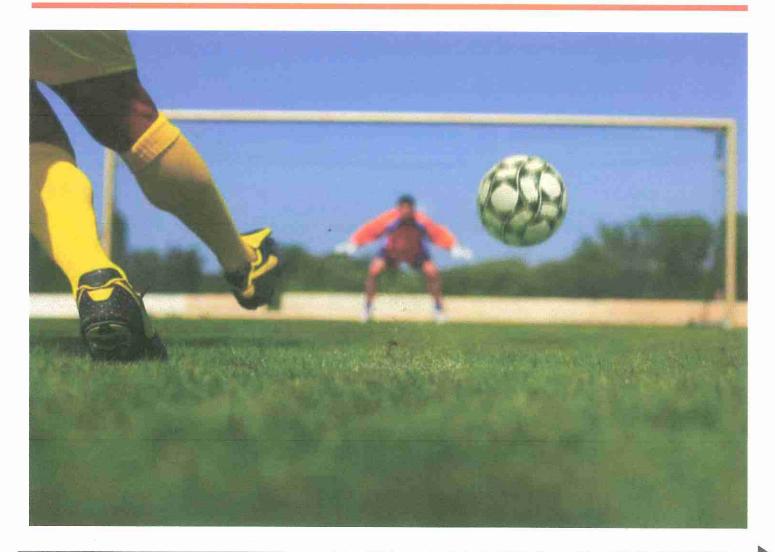
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

PER COLLEGE, UP TO 5 TOTAL.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR, LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.



SOCCER RECRUITING GUIDELINES: TRYOUTS

NCAA TRYOUTS - starting June 15th after sophomore year

Division II schools are allowed to hold one practice or tryout for a college-bound student-athlete on its campus as long as the student-athlete is a high-school senior who is enrolled in a term other than the term in which the traditional season in the sport occurs. The school may conduct a medical examination of the student-athlete, and the tryout may include tests to evaluate the student-athlete's strength, speed, agility and sport skills. The tryout may include competition except in football, ice hockey, lacrosse, soccer and wrestling. The tryout is limited to the length of the school's normal practice period in the sport, but in no event can it be longer than two hours. The school may loan equipment and clothing to the college-bound student-athlete during the tryout.

NAIA TRYOUTS

Students are permitted a maximum of two days of tryouts throughout their entire career, and the tryout cannot interfere with school time. The tryout must occur on campus. If a school has a policy for reimbursing all students for such visits, the same can be applied to you as a prospective student-athlete.

MEN'S SOCCER RECRUITING GUIDELINES BY DIVISION

High/Mid Division I Low DI, Top/Mid DII
Top NAIA

Low DII, Mid NAIA, Top DIII, Top JC Mid/Low DIII, Low NAIA, Mid/Low JC









**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

SOCCER RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

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DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.
NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR, LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

MEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

High Divsion I Low Divsion I High Division II Low Division II & III High DI (<20.29) 50 Free Low DI (<21.5) High DII (<21.5) Low DII-DIII (<24.0) High DI (<45.0) 100 Free Low Di (46.0) High DII (47.0) Low DII-DIII (<48.0) 200 Free High DI (<1:40.0) Low DI [1:42.0] High DII (1:42.0) Low Dil-Dill (<1:50.0) High DI (<4:21.0) 500 Free Low DI [4:30.0] High DH (<4:44.0) Low DII-DIII (<5:05.0) 1650 Free High DI (<15:51.0) Low DI (16:03.0) High DII (16:03.0) Low DII-DIII (16:30.0) 100 Back High DI (<50.0) Low DI (52.2) High DII (<54.0) Low DII-DIII (<58.0) 200 Back High DI (<1:49.0) Low DI [1:53.0] High DII (<1:55.0) Low DII-DIII (<2:00.0) High DI (57.1) 100 Breast Low DI (<58.69) High DII (<59.5) Low DII-DIII (<1:06.0) High DI (2:03.0) 200 Breast Low DI (<2:08.0) High DII (<2:10.0) Low DII-DIII (<2:16.0) 100 Fly High DI (<50.2) Low DI (<51.2) High DII (<53.0) Low DII-DIII (<58.0) 200 Fly High DI (1:50.0) Low DI (1:53.1) High DII (<1:55.0) Low DII-DIII (<2:00.0) 200 IM High DI (1:50.2) High DII (<2:00.0) Low DI [1:54.5] Low DII-DIII (<2:08.0) 400 IM High DI (3:55.2) Low DI (<4:04.0) High DII (<4:08.0) Low DII-DIII (<4:15.0)

SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.
DIVISION III: ANYTIME, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

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YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

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YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

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DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED. NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

^{**}Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

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	Division I, High DII,	Mid DII, High NAIA,	Low DII, Mid NAIA,	Low NAIA, Low DIII,
	High Junior College	High DIII, Mid JC	Mid DIII, Low JC	Low Junior College
P	Over 1 strikeout per Inning Pitched ERA: Below 2.50 / Velocity: 84-95+ At least 1 K Per Inning Pitched 2+ Pitches Thrown To Spots Consistently	ERA: Below 3.00 / Velocity: 82-90+ At least 1 K Per Inning Pitched 1+ Pitches Thrown To Spots Consistently	ERA: Below 2.50-3.50 / Velocity: 77-82+ Strike Out/Walk Ratio of 1:1 Control One Off-speed Pitch & Develop Anoth	ERA: Below 4.00 / Velocity: Varies 1 or Less than 1 K Per Inning Pitched
C	6'2" / 200 lbs	6'0" / 180 lbs	5'11" / 180 lbs	5′10″ / 170 lbs
	Pop Time: 1.95 & Below Consistently	Pop Time: 2.00 & Below Consistently	Pop Time: 2.0-2.1	Pop Time: 2.1 or Below
CF	6'2" / 210 lbs / 60 yd: 6.7 or Below	6'0" / 190 lbs / 60 yd: 6.9 or Below	5′11″ / 180 lbs / 60 yd: 6.9 or Below	5'10" / 170 lbs / 60 yd: 7.0 or
	OB%: .500 / SLG: .500 (Min. 2 AB's Per Game)	OB%: .450 / SLG: .500 (Min. 2 AB's a Game)	OB%: .400 / SLG: .500	Below / OB%: .350 / SLG: .450
F/RF	6'2" / 210 lbs / 60 yd: 6.8 or Below	6'0" / 190 lbs/ 60 yd: 7.0 or Below	5′11″ / 180 lbs / 60 yd: 6.9 or Below	5'10" / 170 lbs / 60 yd: 7.0 or
	OB%: .500 / SLG: .750 (Min. 2 AB's Per Game)	OB%: .450 / SLG: .650	OB%: .400 / SLG: .650	Below / OB%: .350 / SLG: .600
B/SS	6'1" / 190 lbs / 60 yd: 6.8 or Below	5'8"-6'2" / 165-190 lbs / 60 yd: 6.9 or Below	5'11" / 170 lbs / 60 yd: 7.0 or Below	5'10" / 165 lbs / 60 yd: 7.1 or
	OB%: .500 / SLG: .600 (Min. 2 AB's Per Game)	OB%: .550 / SLG: .450 (Min. 2 AB's a Game)	OB%: .400 / SLG: .500	Below / OB%: .350 / SLG: .450
18	6'2"-6'6" / 190-240 lbs	6'0" / 180 lbs	6'0" / 180 lbs	5'11" / 170 lbs
	Power Numbers: 8+ HR, 30+ RBI	Power Numbers: 4+ HR, 20+ RBI	Power Numbers: 3+ HR, 25+ RBI	Power Numbers: 2+ HR, 20 RBI
3R	5'10"-6'3" / 180-220 lbs	5'9"-6'3" / 170-220 lbs	6'0"/ 180 lbs	5'11" / 170 lbs

**Listed physical features portray the prototypical recruit for each division level. An athletics athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

BASEBALL RECRUITING GUIDELINES: CONTACTING COACHES

Power Numbers: 4+ HR, 20+ RBI

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED. GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR. DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED. NAIA: ANYTIME, UNLIMITED.

Power Numbers: 8+ HR, 30+ RBI

LF/RF

7B/SS

3B

YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

Power Numbers: 2+ HR, 25+ RBI

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

Power Numbers: 2+ HR, 20 RBI

SEPT. 1ST OF JUNIOR YEAR, UNLIMITED. DIVISION I:

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED. NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

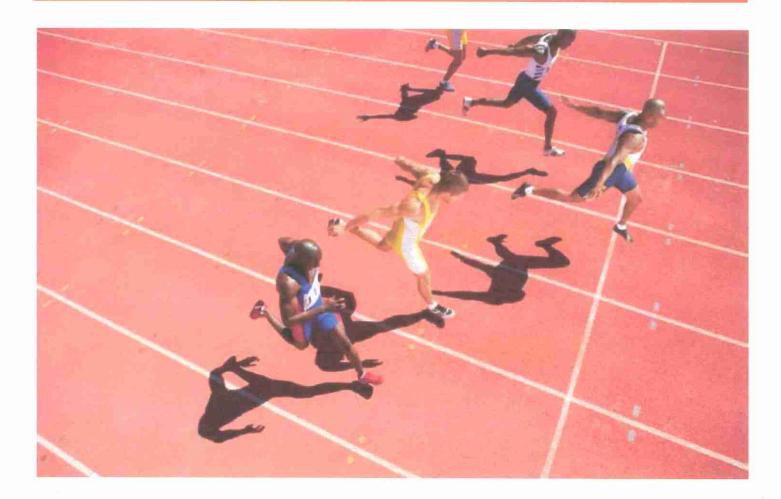
JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1 DIVISION II:

VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

MEN'S TRACK RECRUITING GUIDELINES BY DIVISION



TRACK RECRUITING GUIDELINES: CONTACTING COACHES

YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

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DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR, LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

MEN'S TRACK RECRUITING GUIDELINES BY DIVISION

MEN	Div 1 TOP	Div 1 LOW	Div 2 TOP	Div 2 LOW	Div 3 TOP	Div 3 LOW	NAIA Top	NAIA Low
55M IN	6.32	6.70	6.35	7.20	6.78	7.20	6.52	7.20
60M IN	6.61	7,20	6.65	7.40	6.92	7.40	6.81	7.50
60M H IN	7.75	8.00	7.89	8.50	8.29	8.50	8.21	8.50
300M IN	33.94	35.80	34.99	37.90	36.78	39.00	34.99	39.00
500M IN	1:05.58	1:08.98	1:07.45	1:10.33	1:10.01	1:13.56	1:09.56	1:12.45
600M IN	1:21.08	1:24.67	1:22.34	1:28.45	1:27.55	1:30.55	1:23.44	1:25.65
1000M IN	2:28.55	2:32.44	2:31.33	2:37.44	2:38.43	2:42.44	2:34.32	2:38.56
3000M IN	7:54.15	7:59.44	7:54.22	8:00.55	8:00.44	8:14.66	8:15.55	8:30.32
110M HH	13.55	14.66	14.13	15.59	14.51	16.50	14.62	15:55
300M IH	35.92	39.55	38.02	44.00	39.67	44.00	40.55	45.00
400M IH	50.21	56.00	52.76	60.00	53.39	63.00	54.87	60.00
100M	10.17	11.00	10.44	11.30	10.65	11.40	10.68	11.30
200M	20.69	22.70	22.23	24.00	22.34	24.50	22.02	23.00
400M	45.29	51.00	47.09	54.00	48.61	54.00	48.82	52.00
800M	1:48.40	1:56.77	1:52.53	1:59.67	1:54.32	1:58.44	1:55.31	2:00.66
1500M	3:42.73	4:03.56	4:04.19	4:25.33	4:07.34	4:20.66	4:02.45	4:16.44
1600M	4:04.23	4:23.44	4:12.34	4:33.56	4:17.45	4:42.55	4:12.33	4:39.56
3200M	8:47.75	9:30.43	8:59.34	9:45.56	9:23.56	10:13.44	9:09.45	10:01.66
5K XC	14:20	16:11	15:50	16:59	17:00	18:00	16:12	17:45
3000M STPL	8:44.59	9:50	9:32.44	10:15	9:19.05	10:30	9:38.5	10:30
High Jump	7'2"	6'4"	6'10"	6'0"	6'8"	6'0"	6'6"	5'8"
Long Jump	25'1"	22'	24'1"	20'	23'9"	18'6"	23'3"	18'
Shot Put	63'6"	55'6"	56'.5"	48'6"	55'7"	46'5"	54'3"	49'5"
Discus	193'	167'	173'3"	156'	171'3"	140'	161'	120'
Pole Vault	17'8"	15'	16'11"	14'	16'2"	15'	15'7"	14'
Triple Jump	52'7"	42'	49'10"	39'	48'7"	38'	47'11	38'
Hammer	209'6"	170'4"	203'2"	175'4"	194'1"	165'3"	188'6"	150'4"
Javelin	241'3"	198'	211'3"	155'	208'2"	150'	185'5"	135'6"
Decathlon	7,769	6,100	6,342	5,600	6,239	4,500	6,388	4,700

^{**}Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

TRACK RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESRTICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHESD CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

FS BY

High Division I	Low Division I	Division II & Top NAIA	Division III & Low NAIA
Handicap: Scratch or Better	Handicap: Equal to or < 1	Handicap: Equal to or < 2	Handicap: Equal to or < 3
Tournament Average: 72 or Under	Tournament Average:	Tournament Average: 74 or Under	Tpurnament Average: 75 or Under
Top Finishes at:	73 or Under	Competes in: State Tournaments	Competes in: State Tournaments
National Tournaments	Competes in: National Tournaments	Local Tournaments	Local Tournaments
State Tournaments	State Tournaments	Preferred Tournaments:	Preferred Tournaments:
Local Tournaments	Local Tournaments	(AJGA, FCWT, USGA)	(AJGA, FCWT, USGA)
Local Tournaments	Local Tournaments	(AJGA, FCWI, USGAI	IAJGA, FCWT, USGA

^{**}Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

*Highly Ranked on the

Junior Golf Scoreboard,

Golfweek or Polo Golf Rankings

ALL DIVISIONS, ANYTIME, UNLIMITED. GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: DIVISION II:

SEPTEMBER 1 OF JUNIOR YEAR. JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA:

ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I:

JULY 1ST AFTER JUNIOR YEAR.

DIVISION II:

JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA:

ANYTIME UNLIMITED

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

*Some DII & NAIA coaches

require DI standards

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

*Some DIII & NAIA coaches

require DI standards

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED. NAIA. ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I:

OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II:

JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

DIVISION III:

JANUARY 1ST OF JUNIOR YEAR, LIMITED TO 1 VISIT

PER COLLEGE, UNLIMITED.

NAIA:

ANYTIME, UNLIMITED.

Wish RECR **VES BY**

Top NCAA DI

USTA & ITA/ITF Qualifications:

- -Zonal Team Experience
- -USTA Sectional Rank
- Top 20 in Tier 1, Top 10 in Tier 2
- Nation Rank Top 100 in Age Group
- ITF Rank 200
- Attend National Level Tournaments National Open, Section Closed, Etc.

High School Experience:

- #1 Singles, #1 Doubles
- 4 Years Varsity
- Awards such as All-County/Conference/ Region/State, MVP, Player of the Year,
- State Champion

Tennisrecruiting.net Qualifications:

- Min. 4 Star Recruit, Preferred 5 Star
- National Rank: 190 or Below

Lower NCAA DI

USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank Top 40 in Tier 1, Top 20 in Tier 2
- Nation Rank Top 200 in Age Group
- Several Years Experience Preferred
- Attend National Level Tournaments National Open, Section Closed, Etc.

High School Experience:

- #1 Singles, #1 Doubles
- 4 Years Varsity
- Awards such as All-County/Conference/
- Region/State, MVP, Player of the Year,
- Top 5 State Finish

Tennisrecruiting.net Qualifications:

- Min. 3 Star Recruit, Preferred 4 Star
- National Rank: 250 or Below

NCAA DII

USTA & ITA/ITF Qualifications:

- USTA Sectional Rank Top 200 in Tier 1, Top 100 in Tier 2
- Several Years Experience Preferred

High School Experience:

- #1-2 Singles, #1 Doubles
- 3+ Years Varsity
- Awards such at All-County, All-Conference
- State Qualifier, High Conference or Regional Finish

Tennisrecruiting.net Qualifications:

- Min. 1 Star Recruit. Preferred 2 Star

NCAA DIII

USTA & ITA/ITF Qualifications:

- USTA Sectional Rank Top 250 in Tier 1, Top 150 in Tier 2
- Several Years Experience Preferred

High School Experience:

- #1-3 Singles, #1 Doubles
- 3+ Years Varsity
- Awards such as All-County, State Qualifier, High Conference or Regional Finish

Tennisrecruiting.net Qualifications:

- Preferred 1 Star

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

TENNIS RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED. GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I:

SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II:

JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA:

ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I:

JULY 1ST AFTER JUNIOR YEAR.

DIVISION II:

JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES. BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED. NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR, LIMITED TO 1

VISIT PER COLLEGE, UP TO 5 TOTAL.

JUNE 15TH AFTER SOPHOMORE YEAR, LIMITED TO 1

VISIT PER COLLEGE, UNLIMITED.

JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

DIVISION II:

DIVISION III: