



## Humber Hawks Cross Country Recruitment Standards

	Distance	Tier 1 Athlete	Tier 2 Athlete	Tier 3 Athlete
		Time	Time	Time
<b>Men</b>	5,000	16:25	17:10	17:55
	8,000	27:00	28:15	29:30
	10,000	34:15	35:45	37:20
<b>Women</b>	3,000	11:25	12:05	12:45
	5,000	19:45	21:00	22:15
	6,000	24:00	25:30	27:00

**Notes:**

1. Recruitment standards are for reference purposes only.
2. Team selection is at the discretion of the Head Coach.