

# College Track & Field Recruitment Timeline



## Freshman Year (9th Grade)

- Focus on **grades** – establish a strong academic foundation
- Join your high school **track & field team** and/or local club team

- Begin logging performances and personal bests
  - Start learning about NCAA, NAIA, and NJCAA divisions
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## Sophomore Year (10th Grade)

- Continue improving **academics** and athletics
  - Take **practice SAT/ACT** or PSAT
  - Record meet results and update your stats sheet
  - Create a **recruiting profile** (NCSA, FieldLevel, or personal website)
  - Start researching colleges (location, programs, team performance)
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## Junior Year (11th Grade)

- Take SAT/ACT and keep grades strong
  - Create or update your **highlight video**
  - Draft an **athletic résumé** (academics + performance)
  - Begin **emailing coaches** with times, marks, and video links
  - Attend **track & field showcases/camps** if available
  - Register with the **NCAA Eligibility Center** (for D1 & D2 athletes)
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## Summer Before Senior Year

- Reach out to more coaches and update them on summer results
  - Visit campuses (official/unofficial visits if invited)
  - Narrow your list of schools and programs
  - Stay in peak shape for senior season
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## Senior Year (12th Grade)

- Finalize **highlight video** with best performances
- Apply to schools (meet all application deadlines)
- Continue contacting coaches and update them with senior-season results
- Review scholarship and financial aid options
- Take official visits if offered
- **Commit to a school** (National Letter of Intent for D1/D2 or offer acceptance for others)
- Finish strong academically and athletically

