Dear Prospective Student-Athlete,

MIT is arguably the best STEM University in the world, and as such the best career investment money can buy. All of our Track & Field / Cross Country graduates have multiple job offers, and most start off at over $90K. Our team enjoys a 100% acceptance rate into medical school and most, if not all who choose to go to graduate school have full funding to do so.

MIT track & field/cross country has enjoyed a rich tradition of excellence and has consistently been one of the premier NCAA Division III programs in the country. While our desire is to win every competition, our goal is to be competitive on both regional and national stages by focusing on our conference (NEWMAC), regional (New England Division III) and national (NCAA Division III) championships. We have been very successful with this philosophy, not losing our conference championship in track & field or cross country for men or women since 2009. MIT has finished in the top two in every New England Division III Championship, for both Indoor Track & Field and Outdoor Track & Field since 2009, winning 15 of those championships. Due to this sustained success, our women’s team has been recognized as the NCAA DIII Program of the Year twice in the last five years (2011 & 2015).

To continue and ultimately improve upon this level of success, we are looking for a certain level of performance as well as a strong sense of competitiveness from our recruits. To be considered as a part of MIT’s track & field/cross country team, the competitiveness will be determined through potential conversations and once we see an individual compete. To determine performance fit a detailed chart can be seen at [http://scripts.mit.edu/~hwtaylor/recruiting/recruitingstandards.php](http://scripts.mit.edu/~hwtaylor/recruiting/recruitingstandards.php).

MIT will not compromise its academic integrity, so any student-athlete will need to gain admission through their academic merit. Successful student-athletes must be able to thrive in the academically rigorous environment of MIT while still participating in athletics approximately 20 hours per week. Minimally, a prospective student-athlete needs to be in the top 5% of his/her high school class. Typically, grades below an A- in math or science classes following freshman year preclude a student-athlete from gaining admission. Both AP Calculus and Physics must be taken by graduation from high school. For standardized scores, mid-700’s in SAT math and math and science SAT subject tests are expected. For ACT scores, a composite of at least 33 with math and science scores of 34 or higher are expected.

If you feel this is a fit for you please continue to read a more detailed description of MIT and our program and fill out a prospective student-athlete questionnaire at [https://questionnaire.acsathletics.com/Questionnaire/Questionnaire.aspx?s+AFd6THBgXpybtcQljwwNvtblArG5ufHG%2fI UgzP5EM1pm44DvKxq2G2ihubEJlk](https://questionnaire.acsathletics.com/Questionnaire/Questionnaire.aspx?s+AFd6THBgXpybtcQljwwNvtblArG5ufHG%2fI UgzP5EM1pm44DvKxq2G2ihubEJlk)

Athletically we have an excellent year-round combined Men's and Women's program, arguably the most successful of all MIT sports. MIT is a member of the
NCAA at the Division III level, which precludes the offering of athletic scholarships. However, the Institute does have an excellent financial aid program to help offset the high cost of an MIT education. ROTC is also housed at MIT for a number of local colleges, boasting full scholarships in all four of the armed forces as well as the National Guard. In addition, the Undergraduate Research Opportunities Program (UROP) and summer internships cultivates and supports research partnerships between MIT undergraduates and faculty. One of the earliest programs of its kind in the United States, MIT’s UROP provides the opportunity to do research at flexible hours while receiving a minimum of $11 per hour. This research will provide opportunities to receive potentially very lucrative summer internships. Diverse leaders in industry and corporations frequently visit MIT to recruit students for these summer internships with salaries reaching upwards of $30,000.00.

MIT has an early action admissions period that is non-binding and closes on November 1. The regular action deadline is January 1. You should go to the admissions web page and start a My MIT account. You will also be able to find the necessary requirements for admission. A few things to keep in mind; you must take calculus and the sciences, particularly physics and these should be the most rigorous courses your school has to offer; you should do your best to get a job or internship in your field of interest for the summer in order to demonstrate the passion you have for your area of study, if you do not have the optional interview you will not gain admission.

One of the frequently asked questions about MIT Track and Field/Cross Country is: How am I going to manage both academics and athletics? MIT will not admit you if you have not proven you can handle a very full schedule and be successful at everything you do. MIT assumes you will be handling a full academic load, a UROP, as well as a sport or activity that takes a minimum of 20-25 hours per week. You would not be accepted if you could not do well in track and field/cross country and academics. One other tremendous benefit for MIT students is that from 5:00-7:00 p.m., Monday through Friday, there can be no mandatory undergraduate academic exercises. This means there will not be conflicts between academics and athletics, allowing our student-athletes to study any academic program of their choosing.

Our program is team oriented, and has its base in traditional rivalries and major invitational meets, where for the past quarter century have a winning percentage over .900. Some of the more spectacular meets we compete in include the All-New England's (Division I, II and III) in each of our seasons, the annual trip to the Pre-National Invitational in cross country and the alumni funded spring break trip we take to the warmer climate of California or Florida in track. We compete primarily against the best Division I colleges and universities in the New England area, but also meet several Division II and III colleges from around the Northeast as well. Each season culminates with conference, regional and national championships, where MIT has enjoyed much success. We have won 36 New England Division III Championships, and have finished 2nd or 3rd 46 other times since the meets inception in 1980. The Cross Country team has made numerous appearances at
Nationals, placing as high as 2nd in 2014 and 3rd in both 2011 and 2015. The Indoor and Outdoor teams regularly qualify individuals for the NCAAs, and have produced over 200 All-Americans and 20 National Champions, with teams placing as high as 2nd. The women and men at the 2010 Outdoor NCAA Championship placing third and fourth respectively and in 2011 and 2015 the Women’s program earned the Vercauteren Award as the top Track & Field, Cross Country program in the country for Division III. MIT’s Academic All-Americans in Track and XC are too numerous to count, gaining team and individual honors every season. In the past five years our Track & Field program have had five NCAA Elite 89 Winners, more than any school in the country.

The facilities at MIT are among the best in the country. In Cross Country we race at Franklin Park, which has been the site for World and National Championships. Indoors, the Johnson Athletic Center has a six lane, 200 meter, Mondo rubber track including multiple jumping venues. Outdoors, Steinbrenner Track is an eight lane, 400 meter Mondo track with multiple jumping and throwing venues. Many collegiate championships have been hosted on our facilities, including the 1997 NCAA Division III Cross Country Championship.

I hope you have continued interest in MIT and our programs. If you wish to track our progress, or if you want to look into our history or statistics, you can view our web site at: MIT Men’s and Women’s Track and Field and Cross Country. If you have any further questions, do not hesitate to contact me at the office hwtaylor@mit.edu, or (617) 253-4918. Good luck with your final season(s), and the admissions process.