

**2006 NCAA DIVISION II INDOOR TRACK AND FIELD
MEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.22	—	6.42	—
60 Meters	6.70	—	6.90	—
55-Meter Hurdles	7.40	—	7.71	—
60-Meter Hurdles	7.93	—	8.24	—
200 Meters				
(Under 200m/220 yds)*	21.85	—	22.45	—
(200m/220 yds-Flat)*	21.65	—	22.25	—
(200m/220 yds-Banked)*	21.35	—	21.95	—
(Over 200m/220 yds)*	21.05	—	21.65	—
400 Meters				
(Under 200m/220 yds)*	48.30	47.9	49.80	49.4
(200m/220 yds-Flat)*	48.00	47.6	49.50	49.1
(200m/220 yds-Banked)*	47.60	47.2	49.10	48.7
(Over 200m/220 yds)*	47.50	47.1	49.00	48.6
800 Meters#				
(Under 200m/220 yds)*	1:51.70	1:51.4	1:54.90	1:54.6
(200m/220 yds-Flat)*	1:51.30	1:51.0	1:54.50	1:54.2
(200m/220 yds-Banked)*	1:50.80	1:50.5	1:54.00	1:53.7
(Over 200m/220 yds)*	1:50.70	1:50.4	1:53.90	1:53.6
Mile#				
(Under 200m/220 yds)*	4:08.80	4:08.5	4:16.80	4:16.5
(200m/220 yds-Flat)*	4:08.30	4:08.0	4:16.30	4:16.0
(200m/220 yds-Banked)*	4:07.50	4:07.2	4:15.50	4:15.2
(Over 200m/220 yds)*	4:07.10	4:06.8	4:15.10	4:14.8
5,000 Meters#				
(Under 200m/220 yds)*	14:19.70	14:19.4	14:57.70	14:57.4
(200m/220 yds-Flat)*	14:17.20	14:16.9	14:55.20	14:54.9
(200m/220 yds-Banked)*	14:15.00	14:14.7	14:53.00	14:52.7
(Over 200m/220 yds)*	14:14.00	14:13.7	14:52.00	14:51.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:15.10	3:14.8	3:21.60	3:21.3
(200m/220 yds-Flat)*	3:13.60	3:13.3	3:20.10	3:19.8
(200m/220 yds-Banked)*	3:12.00	3:11.7	3:18.50	3:18.2
(Over 200m/220 yds)*	3:11.60	3:11.3	3:18.10	3:17.8
Mile Relay				
(Under 200m/220 yds)*	3:16.30	3:16.0	3:22.80	3:22.5
(200m/220 yds-Flat)*	3:14.80	3:14.5	3:21.30	3:21.0
(200m/220 yds-Banked)*	3:13.20	3:12.9	3:19.70	3:19.4
(Over 200m/220 yds)*	3:12.80	3:12.5	3:19.30	3:19.0
Metric Distance Medley Relay				
(Under 200m/220 yds)*	9:59.50	9:59.2	10:18.50	10:18.2
(200m/220 yds-Flat)*	9:58.40	9:58.1	10:17.40	10:17.1
(200m/220 yds-Banked)*	9:56.00	9:55.7	10:15.00	10:14.7
(Over 200m/220 yds)*	9:55.10	9:54.8	10:14.10	10:13.8
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	10:03.00	10:02.7	10:22.00	10:21.7
(200m/220 yds-Flat)*	10:01.90	10:01.6	10:20.90	10:20.6
(200m/220 yds-Banked)*	9:59.50	9:59.2	10:18.50	10:18.2
(Over 200m/220 yds)*	9:58.60	9:58.3	10:17.60	10:17.3
	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	2.16	7'1"	2.04	6'8-1/2"
Pole Vault	5.10	16'8-3/4"	4.71	15'5-1/2"
Long Jump	7.62	25'	7.05	23'1-3/4"
Triple Jump	15.70	51'6-1/4"	14.25	46'9"
Shot Put	17.68	58'1/4"	15.85	52'
35-Pound Weight	19.50	63'11-3/4"	16.80	55'1-1/2"

*—Size of track.

#—Altitude adjustment available.

**2006 NCAA DIVISION II INDOOR TRACK AND FIELD
WOMEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.95	—	7.23	—
60 Meters	7.48	—	7.76	—
55-Meter Hurdles	8.08	—	8.42	—
60-Meter Hurdles	8.65	—	8.99	—
200 Meters				
(Under 200m/220 yds)*	24.90	—	25.70	—
(200m/220 yds-Flat)*	24.70	—	25.50	—
(200m/220 yds-Banked)*	24.40	—	25.20	—
(Over 200m/220 yds)*	24.10	—	24.90	—
400 Meters				
(Under 200m/220 yds)*	55.90	55.5	58.10	57.7
(200m/220 yds-Flat)*	55.60	55.2	57.80	57.4
(200m/220 yds-Banked)*	55.30	54.9	57.50	57.1
(Over 200m/220 yds)*	55.20	54.8	57.40	57.0
800 Meters#				
(Under 200m/220 yds)*	2:10.60	2:10.3	2:18.10	2:17.8
(200m/220 yds-Flat)*	2:10.30	2:10.0	2:17.80	2:17.5
(200m/220 yds-Banked)*	2:10.00	2:09.7	2:17.50	2:17.2
(Over 200m/220 yds)*	2:09.90	2:09.6	2:17.40	2:17.1
Mile#				
(Under 200m/220 yds)*	4:53.10	4:52.8	5:06.10	5:05.8
(200m/220 yds-Flat)*	4:52.60	4:52.3	5:05.60	5:05.3
(200m/220 yds-Banked)*	4:52.00	4:51.7	5:05.00	5:04.7
(Over 200m/220 yds)*	4:51.60	4:51.3	5:04.60	5:04.3
5,000 Meters#				
(Under 200m/220 yds)*	16:59.30	16:59.0	18:03.30	18:03.0
(200m/220 yds-Flat)*	16:56.80	16:56.5	18:00.80	18:00.5
(200m/220 yds-Banked)*	16:55.00	16:54.7	17:59.00	17:58.7
(Over 200m/220 yds)*	16:54.30	16:54.0	17:58.30	17:58.0
1,600-Meter Relay				
(Under 200m/220 yds)*	3:48.30	3:48.0	3:58.30	3:58.0
(200m/220 yds-Flat)*	3:46.80	3:46.5	3:56.80	3:56.5
(200m/220 yds-Banked)*	3:45.60	3:45.3	3:55.60	3:55.3
(Over 200m/220 yds)*	3:45.20	3:44.9	3:55.20	3:54.9
Mile Relay				
(Under 200m/220 yds)*	3:49.50	3:49.2	3:59.50	3:59.2
(200m/220 yds-Flat)*	3:48.00	3:47.7	3:58.00	3:57.7
(200m/220 yds-Banked)*	3:46.80	3:46.5	3:56.80	3:56.5
(Over 200m/220 yds)*	3:46.40	3:46.1	3:56.40	3:56.1
Metric Distance Medley Relay				
(Under 200m/220 yds)*	11:53.20	11:52.9	12:23.20	12:22.9
(200m/220 yds-Flat)*	11:51.70	11:51.4	12:21.70	12:21.4
(200m/220 yds-Banked)*	11:50.00	11:49.7	12:20.00	12:19.7
(Over 200m/220 yds)*	11:49.10	11:48.8	12:19.10	12:18.8
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	11:56.70	11:56.4	12:26.70	12:26.4
(200m/220 yds-Flat)*	11:55.20	11:54.9	12:25.20	12:24.9
(200m/220 yds-Banked)*	11:53.50	11:53.2	12:23.50	12:23.2
(Over 200m/220 yds)*	11:52.60	11:52.3	12:22.60	12:22.3
	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	1.76	5'9-14"	1.65	5'5-14"
Pole Vault	3.89	12'9"	3.50	11'5-3-4"
Long Jump	6.15	20'2"	5.50	18'1"
Triple Jump	12.40	40'8-3/4"	11.40	37'5"
Shot Put	14.95	49'3/4"	13.25	43'5-3/4"
20-Pound Weight	18.29	60'14"	15.85	52'

*—Size of track.

#—Altitude adjustment available.