

2005 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD  
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.75@	—	6.92@	—
60 Meters	7.27@	—	7.44@	—
55-Meter Hurdles	7.58@	—	7.86@	—
60-Meter Hurdles	8.15@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.70	—	24.30	—
(200m/220 yds)*	23.50	—	24.10	—
(Banked or Over 200m/220 yds)*	23.30	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters				
(200m/220 yds or less)*	2:06.05	2:05.8	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.65	2:05.4	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:39.10	4:38.8	4:47.60	4:47.3
(Banked or Over 200m/220 yds)*	4:38.50	4:38.2	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked or Over 200m/220 yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 Meters#				
(200m/220 yds or less)*	16:11.60	16:11.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:10.00	16:09.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.90	3:35.6	3:42.40	3:42.1
(200m/220 yds)*	3:34.70	3:34.4	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:37.10	3:36.8	3:43.65	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.45	3:42.2
(Banked or Over 200m/220 yds)*	3:34.70	3:34.4	3:41.25	3:41.0
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:30.00	11:29.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:28.00	11:27.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:34.20	11:33.9
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:32.20	11:31.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	1.84	1.78
Pole Vault	4.20	3.95
Long Jump	6.40	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.40
20-Pound Weight	20.50	18.50
Pentathlon	4,050 points	3,700 points

\*—Size of track.

#—Altitude adjustment available.

NCAA/10/8/2004/MAB