

2010 NCAA DIVISION I MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.60@	—	6.71@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.48	—	21.88	—
(200m/220 yds)*	21.23	—	21.63	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	47.15	46.9	48.25	48.0
(200m/220 yds)*	46.75	46.5	47.85	47.6
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.90	1:48.6	1:51.40	1:51.1
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.80	4:00.5	4:05.30	4:05.0
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:03.50	4:03.2
3,000 Meters#				
(200m/220 yds or less)*	7:57.20	7:56.9	8:07.70	8:07.4
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:50.80	13:50.5	14:13.80	14:13.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.40	3:14.1
(200m/220 yds)*	3:08.90	3:08.6	3:12.80	3:12.5
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:33.00	9:32.7	9:44.70	9:44.4
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	9:41.70	9:41.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:35.70	9:35.4	9:47.40	9:47.1
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2	9:45.20	9:44.9

@ 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	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.15	15.45
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,675 points	5,325 points

*—Size of track.

#—Altitude adjustment available.

2010 NCAA DIVISION I WOMEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.90	—	24.60	—
(200m/220 yds)*	23.70	—	24.40	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.20	52.9	55.20	54.9
(200m/220 yds)*	52.90	52.6	54.90	54.6
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:06.00	2:05.7	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.90	4:38.6	4:48.90	4:48.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.00	9:15.7	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7	9:32.00	9:31.7
5,000 Meters#				
(200m/220 yds or less)*	16:12.50	16:12.2	16:49.50	16:49.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2	16:44.50	16:44.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:37.00	3:36.7	3:44.00	3:43.7
(200m/220 yds)*	3:35.80	3:35.5	3:42.80	3:42.5
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:09.40	11:09.1	11:30.40	11:30.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2	11:26.50	11:26.2
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7

@ 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	1.85	1.78
Pole Vault	4.25	4.00
Long Jump	6.38	6.13
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,075 points	3,725 points

*—Size of track.

#—Altitude adjustment available.

NCAA/6/17/2009/LTS