

2006 IC4A Men's Indoor Track and Field Standards

Event	OVERSIZED TRACKS			
	<u>FAT</u>	<u>MT</u>	<u>FAT</u>	<u>MT</u>
55 meters	6.48	6.2		
60 meters	6.98	6.7		
55-meter hurdles	7.72	7.5		
60-meter hurdles	8.22	8.0		
200 meters	22.20	21.8	21.90	21.6
400 meters	49.50	49.2	49.19	49.0
500 meters	1:05.25	1:05.0	1:04.75	1:04.4
800 meters	1:54.90	1:54.6	1:54.40	1:54.1
1,000 meters	2:29.95	2:29.7	2:29.85	2:28.7
Mile	4:14.40	4:13.7	4:12.80	4:12.5
3,000 meters	8:29.50	8:29.2	8:26.70	8:26.4
5,000 meters	14:47.40	14:47.0	14:47.40	14:47.0
4x400-meter relay	3:19.90	3:19.6	3:17.80	3:17.4
Mile relay	3:21.10	3:20.8	3:18.90	3:18.6
4x800-meter relay	7:53.00	7:52.7	7:50.80	7:49.5
Two-mile relay	7:56.20	7:55.8	7:53.00	7:52.7
Distance medley relay	10:19.70	10:19.4	10:16.70	10:16.4
Distance medley relay (yards)	10:22.10	10:21.7	10:19.10	10:18.8

	<u>METRIC</u>
High Jump	2.06
Pole Vault	4.80
Long Jump	7.04
Shot Put	15.50
Weight Throw	16.80
Triple Jump	14.30
Heptathlon	4,800 pts

- FAT – Fully Automatic Timing
- MT – Manual Time

2006 NCAA Men's Indoor Track and Field Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 meters	6.14@	-	6.24@	-
60 meters	6.62@	-	6.72@	-
55-meter hurdles	7.17@	-	7.38@	-
60-meter hurdles	7.70@	-	7.91@	-
200 meters				
(Under 200m/220 yds)*	21.33	-	21.73	-
(200m/220 yds)*	21.08	-	21.48	-
(Banked or over 200m/220 yds)*	20.83	-	21.23	-
400 meters				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked or over 200m/220 yds)*	46.05	45.8	47.25	47.0
800 meters				
(200m/220 yds or less)*	1:48.40	1:48.1	1:50.10	1:49.8
(Banked or over 200m/220 yds)*	1:47.80	1:47.5	1:49.50	1:49.2
Mile#				
(200m/220 yds or less)*	3:59.80	3:59.5	4:05.70	4:05.4
(Banked or over 200m/220 yds)*	3:59.00	3:58.7	4:04.90	4:04.6
3,000 meters#				
(200m/220 yds or less)*	7:56.30	7:56.0	8:06.30	8:06.0
(Banked or over 200m/220 yds)*	7:55.00	7:54.7	8:05.00	8:04.7
5,000 meters#				
(200m/220 yds or less)*	13:51.90	13:51.6	14:60.90	14:16.6
(Banked or over 200m/220 yds)*	13:50.00	13:49.7	14:15.00	14:14.7
1,600-meter relay				
(Under 200m/220 yds)*	3:08.20	3:07.9	3:13.60	3:13.3
(200m/220 yds)*	3:06.60	3:06.3	3:12.00	3:11.7
(Banked or over 200m/220 yds)*	3:05.00	3:04.7	3:10.40	3:10.1

Mile relay

(Under 200m/220 yds)*	3:09.40	3:09.1	3:14.80	3:14.5
(200m/220 yds)*	3:07.80	3:07.5	3:13.20	3:12.9
(Banked or over 200m/220 yds)*	3:06.20	3:05.9	3:11.60	3:11.3

Distance medley relay-meters#

(200m/220 yds or less)*	9:35.20	9:34.9	9:45.90	9:45.6
(Banked or over 200m/220 yds)*	9:33.00	9:32.7	9:43.70	9:43.4

Distance medley relay-yards#

(200m/220 yds or less)*	9:38.70	9:38.4	9:49.40	9:48.1
(Banked or over 200m/220 yds)*	9:36.50	9:36.2	9:47.20	9:46.9

	<u>METRIC</u>	<u>METRIC</u>
High jump	2.23	2.17
Pole vault	5.50	5.20
Long jump	7.85	7.45
Triple jump	16.20	15.50
Shot put	19.30	17.75
35-pound weight	21.20	19.00
Heptathlon	5,650 pts	5,200 pts

@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.

*—Size of track #—Altitude adjustment available

•FAT – Fully Automatic Timing

•MT – Manual Time