

2006 ECAC Women's Indoor Track and Field Standards

<u>Event</u>	<u>FAT</u>	<u>MT</u>
55 meters	7.24	
60 meters	7.74	
55-meter hurdles	8.29	
60-meter hurdles	8.80	
200 meters	25.14	
400 meters	57.34	57.1
500 meters	1:16.00	1:15.8
800 meters	2:14.24	2:14.0
1,000 meters	2:57.54	2:57.3
1,500 meters	4:41.64	4:41.4
Mile	5:01.14	5:00.9
3,000 meters	9:58.94	9:58.7
5,000 meters	17:33.64	17:33.4
4x400-meter relay	3:53.94	3:53.7
Mile relay	3:55.24	3:55.0
4x800-meter relay	9:25.24	9:25.0
Two-mile relay	9:28.24	9:28.0
Distance medley relay	12:08.64	12:08.4
Distance medley relay (yards)	12:13.64	12:13.4

	<u>METRIC</u>
High Jump	1.70
Long Jump	5.70
Triple Jump	11.70
Pole Vault	3.60
Shot Put	13.60
Weight Throw	16.10
Pentathlon	3,350 pts

- FAT – Fully Automatic Timing
- MT – Manual Time

2006 NCAA Women's Indoor Track and Field Standards

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)*	2:06.10	2:05.8	2:09.40	2:09.1
(Banked or over 200m/220 yds)*	2:05.70	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	3:43.70	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.50	3:42.2
(Banked or over 200m/220 yds)*	3:34.70	3:34.4	3:41.40	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

	<u>METRIC</u>	<u>METRIC</u>
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-lb. weight	21.00	19.00
Pentathlon	4,050 points	3,700 points

@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