

## 2006 ECAC Women's Outdoor Track and Field Standards

<u>Event</u>	<u>FAT</u>	<u>MT</u>
<b>100 meters</b>	12.14	
<b>200 meters</b>	24.84	
<b>400 meters</b>	56.74	56.5
<b>800 meters</b>	2:11.44	2:11.2
<b>1,500 meters</b>	4:34.44	4:34.2
<b>Mile</b>	4:54.25	4:54.0
<b>3,000 meters</b>	9:56.24	9:56.0
<b>3,000-meter steeplechase</b>	10:55.04	10:54.8
<b>5,000 meters</b>	17:32.14	17:31.9
<b>10,000 meters</b>	37:40.00	37:40.0
<b>100-meter hurdles</b>	14.44	14.2
<b>400-meter hurdles</b>	1:02.64	1:02.64
<b>4x100-meter relay</b>	48.34	48.1
<b>4x400-meter relay</b>	3:52.84	3:52.6
<b>4x800-meter relay</b>	9:16.24	9:16.0

	<u>METRIC</u>
<b>High Jump</b>	1.70
<b>Long Jump</b>	5.80
<b>Triple Jump</b>	11.70
<b>Pole Vault</b>	3.65
<b>Shot Put</b>	13.60
<b>Discus</b>	42.00
<b>Javelin</b>	40.50
<b>Hammer</b>	48.50
<b>Heptathlon</b>	4,530 pts

•FAT – Fully Automatic Timing

•MT – Manual Time

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## REGIONAL LEVEL

<u>Event</u>	<u>FAT</u>	<u>MT</u>	<u>Alt. Adjustment</u> <u>3k-5,999/6k+</u>
100 meters	11.75	-	+.03/+.07
200 meters	23.96	-	+.07/+.14
400 meters	54.61	54.3	+.11/+.21
800 meters	2:09.80	2:09.5	
1,500 meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-meter steeplechase#	10:50.25	10:50.0	
5,000 meters#	16:52.00	16:51.7	
100-meter hurdles	13.92	-	+.04/+.08
400-meter hurdles	1:00.82	1:00.5	+.11/+.21
400-meter relay	45.70	45.4	+.12/+.28
440-yard relay	45.90	45.6	+.12/+.28
1,600-meter relay	3:42.00	3:41.7	+.44/+.84
Mile relay	3:43.20	3:42.9	+.44/+.84

### METRIC

High jump	1.75
Pole vault	3.80
Long jump	5.97
Triple jump	12.32
Shot put	14.30
Discus	47.30
Javelin	43.45
Hammer	54.15

## NATIONAL LEVEL

<u>Event</u>	<u>AUTOMATIC</u>		<u>PROVISIONAL</u>	
	<u>FAT</u>	<u>MT</u>	<u>FAT</u>	<u>MT</u>
10,000 meters#	33:55.00	33:54.7	35:00.00	34:59.7
Heptathlon	5,500 pts		5,000 pts	

# - Altitude adjustment available

•FAT – Fully Automatic Timing

•MT – Manual Time