

2012 NCAA DIVISION I WOMEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.71	—
60 Meters	7.23	—
55 Hurdles	7.53	—
60 Hurdles	8.10	—
200 Meters		
(Under 200m/220 yds)*	23.82	—
(200m/220 yds)*	23.62	—
(Banked or Over 200m/220 yds)*	23.12	—
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters		
(Under 200m/220 yds)*	2:05.80	2:05.5
(200m/220 yds or less)*	2:05.50	2:05.2
(Banked or Over 200m/220 yds)*	2:04.50	2:04.2
Mile		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or less)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3000 Meters		
(Under 200m/220 yds)*	9:14.00	9:13.7
(200m/220 yds or less)*	9:13.00	9:12.7
(Banked or Over 200m/220 yds)*	9:10.00	9:09.7
5000 Meters		
(Under 200m/220 yds)*	16:04.50	16:04.2
(200m/220 yds or less)*	16:02.00	16:01.7
(Banked or Over 200m/220 yds)*	15:57.00	15:56.7
4x400 Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
4x400 Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay		
(Under 200m/220 yds)*	11:08.90	11:08.6

(200m/220 yds or less)*	11:09.40	11:07.1
(Banked or Over 200m/220 yds)*	11:03.50	11:03.2
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	11:11.40	11:11.1
(200m/220 yds or less)*	11:10.90	11:10.6
(Banked or Over 200m/220 yds)*	11:07.00	11:06.7

	METRIC	
High Jump	1.85	
Pole Vault	4.35	
Long Jump	6.45	
Triple Jump	13.30	
Shot Put	17.20	
Weight Throw	21.00	
Pentathlon	4,150 points	

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

updated 11/05/11

2012 DI ECAC QUALIFYING STANDARDS INDOORS 2012

RUNNING EVENTS

Event	2012 Standard (FAT)	2012 Standard (Hand)
55 M	7.16	
60 M	7.68	
55 MH	8.24	
60 MH	8.80	
200 M	25.04	
400 M	57.04	56.8
500 M	1:16.04	1:15.8
800 M	2:14.44	2:14.2
1000 M	2:56.24	2:56.0
1500 M	4:36.94	4:36.7
Mile	4:59.04	4:58.8
3000 M	9:58.94	9:58.7
5000 M	17:33.64	17:33.4
4 x 400 M	3:52.54	3:52.3
4 x 400 YDS	3:53.64	3:53.4
4 x 800 M	9:25.24	9:25.0
4 x 880 YDS	9:28.24	9:28.0
DMR (M)	12:08.64	12:08.4
DMR (YDS)	12:13.64	12:13.4

FIELD EVENTS

Event	2012 Standard
High Jump	1.70m
Long Jump	5.70m
Triple Jump	11.90m
Pole Vault	3.60m
Shot Put	13.50m
20 Lb. Wt.	16.00m
Pentathlon	3450 Pts