

## 2008 NCAA DIVISION I OUTDOOR TRACK AND FIELD

### MEN'S REGIONAL QUALIFYING STANDARDS

| Event                      | FAT          | MT      | Altitude<br>Adjustment<br>3k-5,999/6k+ |
|----------------------------|--------------|---------|--|
| 100 Meters                 | 10.55        | --      | +.03/+.06                              |
| 200 Meters                 | 21.35        | --      | +.07/+.12                              |
| 400 Meters                 | 47.20        | 46.9    | +.11/+.21                              |
| 800 Meters#                | 1:50.40      | 1:50.1  |  |
| 1,500 Meters#              | 3:47.80      | 3:47.5  |  |
| Mile#                      | 4:06.00      | 4:05.7  |  |
| 3,000- Meter Steeplechase# | 9:07.00      | 9:06.7  |  |
| 5,000 Meters#              | 14:12.00     | 14:11.7 |  |
| 10,000 Meters# - Auto      | 28:45.00     | 28:44.7 |  |
| 10,000 Meters# - Prov      | 29:30.00     | 29:29.7 |  |
| 110-Meter Hurdles          | 14.30        | --      | +.04/+.08                              |
| 400-Meter Hurdles          | 52.51        | 52.2    | +.11/+.21                              |
| 400-Meter Relay            | 40.66        | 40.4    | +.12/+.24                              |
| 440-Yard Relay             | 40.86        | 40.6    | +.12/+.24                              |
| 1,600-Meter Relay          | 3:10.00      | 3:09.7  | +.44/+.84                              |
| Mile Relay                 | 3:11.10      | 3:10.8  | +.44/+.84                              |
|                            | Metric       |         |  |
| High Jump                  | 2.10         |         |  |
| Pole Vault                 | 5.05         |         |  |
| Long Jump                  | 7.34         |         |  |
| Triple Jump                | 15.00        |         |  |
| Shot Put                   | 16.80        |         |  |
| Discus                     | 51.70        |         |  |
| Javelin                    | 61.60        |         |  |
| Hammer                     | 56.80        |         |  |
| Decathlon - Auto           | 7,500 points |         |  |
| Decathlon - Prov           | 6,900 points |         |  |

# - Altitude adjustment available

NCAA/MAB/7/16/07

## 2008 NCAA DIVISION I OUTDOOR TRACK AND FIELD

### WOMEN'S REGIONAL QUALIFYING STANDARDS

| Event                     | FAT          | MT      | Altitude<br>Adjustment<br>3k-5,999/6k+ |
|---------------------------|--------------|---------|--|
| 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  |  |
| 1500 Meters#              | 4:27.80      | 4:27.5  |  |
| Mile#                     | 4:49.30      | 4:49.0  |  |
| 3,000-Meter Steeplechase# | 10:50.25     | 10:50.0 |  |
| 5000 Meters#              | 16:52.00     | 16:51.7 |  |
| 10,000 Meters# - Auto     | 33:30.00     | 33:29.7 |  |
| 10,000 Meters# - Prov     | 35:00.00     | 34:59.7 |  |
| 100-Meter Hurdles         | 13.92        | --      | +.04/+.08                              |
| 400-Meters 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                | 3:43.30      | 3:43.0  | +.44/+.84                              |
|                           | Metric       |         |  |
| High Jump                 | 1.75         |         |  |
| Pole Vault                | 3.85         |         |  |
| Long Jump                 | 6.00         |         |  |
| Triple Jump               | 12.32        |         |  |
| Shot Put                  | 14.30        |         |  |
| Discus                    | 47.30        |         |  |
| Javelin                   | 43.45        |         |  |
| Hammer                    | 54.15        |         |  |
| Heptathlon – Auto         | 5,500 points |         |  |
| Heptathlon - Prov         | 5,050 points |         |  |

# - Altitude adjustment available

NCAA/MAB/7/16/07