

ECAC QUALIFYING STANDARDS

OUTDOOR 2007

RUNNING EVENTS

<u>Event</u>	<u>Standard (FAT)</u>	<u>Standard (H)</u>
100 M	12.14	
200 M	24.94	
400 M	56.44	56.2
800 M	2:11.44	2:11.2
1500 M	4:34.44	4:34.2
Mile	4:54.24	4:54.0
3000 M	9:56.24	9:56.0
3000m Stpch	10:55.04	10:54.8
5000 M	17:26.14	17:25.9
10,000 M	37:40.00	37:40.0
100 MH	14.44	14.2
400 MH	1:02.64	1:02.64
4 x 100 M	48.34	48.1
4 x 400 M	3:51.84	3:51.6
4 x 800 M	9:16.24	9:16.0

FIELD EVENTS

<u>Event</u>	<u>Standard (FAT)</u>	<u>Standard (H)</u>
High Jump	1.70m	(5' 7")
Long Jump	5.80m	(19' ¼")
Triple Jump	11.90m	(39' ½ ")
Pole Vault	3.65m	(11' 11 ¾")
Shot Put	13.60m	(44' 7 ½")
Discus	42.00m	(137' 9")
Javelin	40.00m	(131' 3")
Hammer	48.00m	(157' 6")
Heptathlon	4530pts	