

# NCAA Division I Outdoor Championships

## Regional Qualifying Standards- MEN

Event	Standard	Altitude Adjustment 3000-5999 ft/6000 ft+
100 Meters	10.50	+.03/+.06
200 Meters	21.19	+.07/+.12
400 Meters	47.20	+.11/+.21
800 Meters	1:50.40	
1,500 Meters#	3:47.80	
Mile#	4:03.75	
3,000-Meter Steeplechase#	9:07.00	
5,000 Meters#	14:12.00	
110-Meter Hurdles	14.30	+.04/+.08
400-Meter Hurdles	52.51	+.11/+.21
400-Meter Relay	40.66	+.12/+.24
440-Yard Relay	40.86	+.12/+.24
1,600-Meter Relay	3:10.00	+.44/+.84
Mile Relay	3:11.20	+.44/+.84
High Jump	2.10m (6-10 3/4)	
Pole Vault	5.05m (16-7)	
Long Jump	7.34m (24-1)	
Triple Jump	15.00m (49-2 1/2)	
Shot Put	16.80m (55-1 1/2)	
Discus Throw	51.70m (169-7)	
Javelin Throw	61.60m (202-1)	
Hammer Throw	55.60m (182-5)	

## National Qualifying Standards

Event	Automatic	Provisional
10,000 Meters#	28:45.00	29:30.00
Decathlon	7,500	6,900

## Regional Qualifying Standards- WOMEN

Event	Standard	Altitude Adjustment 3000-5999 ft/6000 ft+
100 Meters	11.75	+.03/+.07
200 Meters	23.96	+.07/+.14
400 Meters	54.61	+.11/+.21
800 Meters#	2:09.80	
1,500 Meters#	4:27.80	
Mile#	4:49.60	
3,000-Meter Steeplechase#	10:50.25	
5000 Meters#	16:52.00	
100-Meter Hurdles	13.92	+.04/+.08
400-Meter Hurdles	1:00.82	+.11/+.21
400-Meter Relay	45.70	+.12/+.28
440-Yard Relay	45.90	+.12/+.28
1,600-Meter Relay	3:42.00	+.44/+.84
1,600-Yard Relay	3:43.20	+.44/+.84
High Jump	1.75m (5-8 3/4)	
Pole Vault	3.80m (12-5 1/2)	
Long Jump	6.00m (19-8 1/4)	
Triple Jump	12.32m (40-5)	
Shot Put	14.30m (46-11)	
Discus Throw	47.30m (155-2)	
Javelin Throw	43.45m (142-6)	
Hammer Throw	54.15m (177-8)	

## National Qualifying Standards

Event	Automatic	Provisional
10,000 Meters#	33:30.00	35:00.00
Heptathlon	5,500	5,050

#Altitude adjustment available.

In the 10000 meter run and combined events, all those achieving the Automatic Standard will be qualified for the NCAA Championships. If not enough qualify to fill fields, athletes will be added in order of performance, provided they have met the Provisional Standard.

Indoor marks may not be used to qualify for outdoor championships.

Only fully automatic times may be used to qualify for events shorter than 400 meters. For 400 meters and above, hand-held times may qualify if, after rounding the time up to the next higher tenth of a second and adding 0.24 seconds, it meets the FAT qualifying standard.