

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

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.14	—
60 Meters	6.60	—
55 Hurdles	7.17	—
60 Hurdles	7.70	—
200 Meters		
(Under 200m/220 yds)*	21.38	—
(200m/220 yds)*	21.13	—
(Banked or Over 200m/220 yds)*	20.73	—
400 Meters		
(Under 200m/220 yds)*	47.00	46.75
(200m/220 yds)*	46.60	46.35
(Banked or Over 200m/220 yds)*	46.00	45.75
800 Meters		
(Under 200m/220 yds)*	1:48.60	1:48.30
(200m/220 yds or less)*	1:48.20	1:47.90
(Banked or Over 200m/220 yds)*	1:47.30	1:47.0
Mile		
(Under 200m/220 yds)*	4:00.20	3:59.9
(200m/220 yds or less)*	3:59.70	3:59.4
(Banked or Over 200m/220 yds)*	3:57.90	3:57.6
3000 Meters		
(Under 200m/220 yds)*	7:56.30	7:56.0
(200m/220 yds or less)*	7:55.00	7:54.7
(Banked or Over 200m/220 yds)*	7:52.30	7:52.0
5000 Meters		
(Under 200m/220 yds)*	13:50.90	13:50.6
(200m/220 yds or less)*	13:48.40	13:48.1
(Banked or Over 200m/220 yds)*	13:44.60	13:44.3
4x400 Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
4x440 Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay		
(Under 200m/220 yds)*	9:35.10	9:34.8

(200m/220 yds or less)*	9:34.00	9:33.7
(Banked or Over 200m/220 yds)*	9:31.00	9:30.7
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	9:36.60	9:36.3
(200 m/220 yds or less)*	9:35.50	9:35.2
(Banked or Over 200 m/220 yds)*	9:32.50	9:32.2

	METRIC
High Jump	2.24
Pole Vault	5.50
Long Jump	8.00
Triple Jump	16.30
Shot Put	19.35
Weight Throw	21.50
Heptathlon	5,750 points

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

* Denotes size of track.

updated 11/05/11

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.

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