

## 2004 NCAA NATIONAL QUALIFYING STANDARDS

| Indoor Events                        | Automatic  |          | Provisional |          |
|--------------------------------------|------------|----------|-------------|----------|
|                                      | FAT/Meters | MT/Feet  | FAT/Meters  | MT/Feet  |
| <b>55 Meters</b>                     | 6.79@      | -----    | 6.93@       | -----    |
| <b>60 Meters</b>                     | 7.30@      | -----    | 7.44@       | -----    |
| <b>55-Meter Hurdles</b>              | 7.61@      | -----    | 7.87@       | -----    |
| <b>60-Meter Hurdles</b>              | 8.15@      | -----    | 8.43@       | -----    |
| <b>200 Meters</b>                    |            |          |             |          |
| (Under 200m/220 yds)*                | 23.90      | -----    | 24.40       | -----    |
| (200m/220 yds)*                      | 23.70      | -----    | 24.20       | -----    |
| (Banked or Over 200m/220 yds)*       | 23.50      | -----    | 24.00       | -----    |
| <b>400 Meters</b>                    |            |          |             |          |
| (Under 200m/220 yds)*                | 53.50      | 53.2     | 55.10       | 54.8     |
| (200m/220 yds)*                      | 53.20      | 52.9     | 54.80       | 54.5     |
| (Banked or Over 200m/220 yds)*       | 52.90      | 52.6     | 54.50       | 54.2     |
| <b>800 Meters</b>                    |            |          |             |          |
| (200m/220 yds or less)*              | 2:06.05    | 2:05.8   | 2:09.40     | 2:09.1   |
| (Banked or Over 200m/220 yds)*       | 2:05.65    | 2:05.4   | 2:09.00     | 2:08.7   |
| <b>Mile#</b>                         |            |          |             |          |
| (200m/220 yds or less)*              | 4:39.10    | 4:38.8   | 4:49.00     | 4:48.7   |
| (Banked or Over 200m/220 yds)*       | 4:38.50    | 4:38.2   | 4:48.40     | 4:48.1   |
| <b>3000 Meters#</b>                  |            |          |             |          |
| (200m/220 yds or less)*              | 9:16.80    | 9:16.5   | 9:35.80     | 9:35.5   |
| (Banked or Over 200m/220 yds)*       | 9:16.00    | 9:15.7   | 9:35.00     | 9:34.7   |
| <b>5000 Meters#</b>                  |            |          |             |          |
| (200m/220 yds or less)*              | 16:16.55   | 16:16.3  | 16:46.55    | 16:46.3  |
| (Banked or Over 200m/220 yds)*       | 16:15.00   | 16:14.7  | 16:45.00    | 16:44.7  |
| <b>1600-Meter Relay</b>              |            |          |             |          |
| (Under 200m/220 yds)*                | 3:37.70    | 3:37.4   | 3:43.20     | 3:42.9   |
| (200m/220 yds)*                      | 3:35.70    | 3:35.4   | 3:41.20     | 3:40.9   |
| (Banked or Over 200m/220 yds)*       | 3:34.50    | 3:34.2   | 3:40.00     | 3:39.7   |
| <b>Mile Relay</b>                    |            |          |             |          |
| (Under 200m/220 yds)*                | 3:38.90    | 3:38.6   | 3:44.45     | 3:44.2   |
| (200m/220 yds)*                      | 3:36.90    | 3:36.6   | 3:42.45     | 3:42.2   |
| (Banked or Over 200m/220 yds)*       | 3:35.70    | 3:35.4   | 3:41.25     | 3:41.0   |
| <b>Distance Medley Relay-Meters#</b> |            |          |             |          |
| (200m/220 yds or less)*              | 11:17.00   | 11:16.7  | 11:38.00    | 11:37.7  |
| (Banked or Over 200m/220 yds)*       | 11:15.00   | 11:14.7  | 11:36.00    | 11:35.7  |
| <b>Distance Medley Relay-Yards#</b>  |            |          |             |          |
| (200m/220 yds or less)*              | 11:20.50   | 11:20.2  | 11:42.20    | 11:41.9  |
| (Banked or Over 200m/220 yds)*       | 11:18.50   | 11:18.2  | 11:40.20    | 11:39.9  |
| <b>High Jump</b>                     | 1.84       | 6-0.50   | 1.78        | 5-10     |
| <b>Pole Vault</b>                    | 4.20       | 13-9.25  | 3.95        | 12-11.50 |
| <b>Long Jump</b>                     | 6.40       | 21-0     | 6.20        | 20-4.25  |
| <b>Triple Jump</b>                   | 13.30      | 43-7.75  | 12.65       | 41-6     |
| <b>Shot Put</b>                      | 16.50      | 54-1.75  | 15.20       | 49-10.50 |
| <b>20-Pound Weight</b>               | 19.50      | 63-11.75 | 18.50       | 60-8.50  |

| Outdoor Events        | Automatic    |         | Provisional  |         | Alt. Adjust. |
|-----------------------|--------------|---------|--------------|---------|--------------|
|                       | FAT/Meters   | MT/Feet | FAT/Meters   | MT/Feet | 3k-5,999/6k+ |
| <b>10,000 Meters#</b> | 34:10.00     | 34:09.7 | 35:15.00     | 35:14.7 | -----        |
| <b>Heptathlon</b>     | 5,500 points | -----   | 5,000 points | -----   | -----        |

## 2004 NCAA REGIONAL QUALIFYING STANDARDS

| Outdoor Events              | Automatic  |         | Alt. Adjust. |
|-----------------------------|------------|---------|--------------|
|                             | FAT/Meters | MT/Feet | 3k-5,999/6k+ |
| 100 Meters                  | 11.78      | -----   | +.03/+.07    |
| 200 Meters                  | 23.96      | -----   | +.07/+.14    |
| 400 Meters                  | 54.61      | 54.3    | +.11/+.21    |
| 800 Meters                  | 2:10.29    | 2:10.0  | -----        |
| 1500 Meters#                | 4:29.12    | 4:28.8  | -----        |
| Mile#                       | 4:50.80    | 4:50.5  | -----        |
| 3000-Meter SC# (12-ft. pit) | 10:57.18   | 10:56.9 | -----        |
| 5000 Meters#                | 16:56.43   | 16:56.1 | -----        |
| 100-Meter Hurdles           | 13.95      | -----   | +.04/+.08    |
| 400-Meter Hurdles           | 1:00.82    | 1:00.5  | +.11/+.21    |
| 400-Meter Relay             | 45.80      | 45.4    | +.12/+.28    |
| 440-Yard Relay              | 46.00      | 45.7    | +.12/+.28    |
| 1600-Meter Relay            | 3:43.03    | 3:42.7  | +.44/+.84    |
| Mile Relay                  | 3:43.03    | 3:43.9  | +.44/+.84    |
| High Jump                   | 1.73       | 5-8     |              |
| Pole Vault                  | 3.75       | 12-3.50 |              |
| Long Jump                   | 5.93       | 19-5.50 |              |
| Triple Jump                 | 12.26      | 40-2.75 |              |
| Shot Put                    | 14.24      | 46-8.75 |              |
| Discus                      | 46.58      | 152-10  |              |
| Javelin                     | 42.61      | 139-9   |              |
| Hammer                      | 52.84      | 173-4   |              |

@ - Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds. \* - Indicates size of track. # - Altitude adjustment available.

### REGIONAL QUALIFYING FOR 2004 OUTDOOR SEASON

The 2004 outdoor campaign will mark the second season where regional meets are held for the purpose of determining who advances to the NCAA Outdoor Championships in Austin, Texas, on June 9-12. This year's regional competitions will be held May 28-29 in Gainesville, Fla. (East); College Station, Texas (Midwest); **TBA (West)**; and Baton Rouge, La. (Mideast); where Tennessee will compete at Louisiana State University's Bernie Moore Stadium.