

NCAA Outdoor Qualifying Standards

MEN'S QUALIFICATION MARKS DIVISION I INDOOR - MEN (SEA LEVEL)

RUNNING EVENTS

Event	AUTOMATIC		PROVISIONAL		ALTITUDE ADJUSTMENT
	FAT	MT	FAT	MT	3k-5,999/6k+
100 Meters	10.16	--	10.34	--	+ .03/+ .06
200 Meters	20.50	--	20.85	--	+ .07/+ .12
400 Meters	45.40	45.1	46.20	45.9	+ .11/+ .21
800 Meters	1:47.50	1:47.2	1:49.00	1:48.7	
1500 Meters#	3:41.50	3:41.2	3:45.00	3:44.7	
Mile#	3:59.20	3:58.9	4:03.04	4:02.8	
Steeplechase#	8:43.00	8:42.7	8:54.00	8:53.7	
5000 Meters#	13:46.00	13:45.7	14:07.00	14:06.7	
10000 Meters#	29:00.00	28:59.7	29:45.00	29:44.7	
110-Meter Hurdles	13.72	--	13.90	--	+ .04/+ .08
400-Meter Hurdles	50.10	49.8	51.20	50.9	+ .11/+ .21
400-Meter Relay	39.20	38.9	40.00	39.7	+ .12/+ .24
440-Yard Relay	39.40	39.1	40.20	39.9	+ .12/+ .24
1600-Meter Relay	3:04.00	3:03.7	3:07.00	3:06.7	+ .44/+ .84
Mile Relay	3:05.20	3:04.9	3:08.20	3:07.9	+ .80/+ .84

FIELD EVENTS

	METRIC (ENGLISH)	METRIC (ENGLISH)
High Jump	2.25 (7-4.5)	2.18 (7-1.75)
Pole Vault	5.55 (18-2.5)	5.30 (17-4.5)
Long Jump	7.95 (26-1)	7.65 (25-1.25)
Triple Jump	16.30 (53-5.75)	15.70 (51-6.25)
Shot Put	19.20 (63-0)	17.80 (58-4.75)
Discus	60.00 (196-10)	56.00 (183-9)
Javelin	72.00 (236-3)	67.30 (220-9)
Hammer	68.00 (223-1)	61.00 (200-1)
Decathlon	7,500 pts	7,150 pts

#-Altitude adjustment available.

WOMEN'S QUALIFICATION MARKS DIVISION I INDOOR - MEN (SEA LEVEL)

RUNNING EVENTS

Event	AUTOMATIC		PROVISIONAL		ALTITUDE ADJUSTMENT
	FAT	MT	FAT	MT	3k-5,999/6k+
100 Meters	11.30	--	11.55	--	+ .03/+ .07
200 Meters	23.10	--	23.60	--	+ .07/+ .14
400 Meters	52.40	52.1	53.70	53.4	+ .11/+ .21
800 Meters	2:05.00	2:04.7	2:07.50	2:07.2	
1500 Meters#	4:19.00	4:18.7	4:24.00	4:23.7	
Mile#	4:39.64	4:39.4	4:44.39	4:44.1	
Steeplechase#	10:20.00	10:19.7	11:10.00	11:09.7	
5000 Meters#	16:13.00	16:12.7	16:48.00	16:47.7	
10000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7	
100-Meter Hurdles	13.10	--	13.60	--	+ .04/+ .08
400-Meter Hurdles	57.50	57.2	59.20	58.9	+ .11/+ .21
400-Meter Relay	44.20	43.9	45.10	44.8	+ .12/+ .28
440-Yard Relay	44.40	44.1	45.30	45.0	+ .12/+ .28
1600-Meter Relay	3:33.50	3:33.2	3:39.00	3:38.7	+ .44/+ .84
Mile Relay	3:34.70	3:34.4	3:40.20	3:39.9	+ .44/+ .84

FIELD EVENTS

	METRIC (ENGLISH)	METRIC (ENGLISH)
High Jump	1.85	1.79
Pole Vault	4.10	3.80
Long Jump	6.50	6.20
Triple Jump	13.40	12.80
Shot Put	16.00	14.90
Discus	54.50	50.50
Javelin	52.50	46.50
Hammer	61.00	56.00
Heptathlon	5,500 pts	5,175 pts

#-Altitude adjustment available.