

I.C.A.A.A. INDOOR TRACK AND FIELD STANDARDS - 2009

	<u>AUTO</u>	<u>HAND</u>
<u>60 Meter Dash:</u>	0:06.98	0:06.7
<u>55 Meter Dash :</u>	0:06.48	0:06.2
<u>60 Meter Hurdles:</u>	0:08.25	0:08.1
<u>55 Meter Hurdles:</u>	0:07.75	0:07.5
<u>200 Meters:</u>	0:22.24	0:22.0
<u>400 Meters:</u>	0:49.20	0:48.9
<u>500 Meters:</u>	1:05.20	1:05.0
<u>800 Meters:</u>	1:54.90	1:54.6
<u>1000 Meters:</u>	2:29.95	2:29.7
<u>One Mile:</u>	4:14.90	4:14.7
<u>3000 Meters:</u>	8:27.20	8:27.0
<u>5000 Meters:</u>	14:47.40	14:47.1
<u>4x400 Meter Relay:</u>	3:19.90	3:19.6
<u>One Mile Relay:</u>	3:21.10	3:20.8
<u>4x800 Relay:</u>	7:53.00	7:52.7
<u>2 Mile Relay:</u>	7:56.20	7:55.8
<u>Distance Medley Relay:</u>	10:19.70	10:19.4
<u>Distance Medley Relay- Yards:</u>	10:22.10	10:21.7

IMPORTANT: In the 55/60,55HH/60HH,200,400 and 500, If an athlete has a qualifying FAT performance you **MUST** use the athletes FAT time as his declaration performance. If an athlete has only a hand time performance, this may be used to qualify to enter the meet only, but not for seeding purposes. In this case, the athlete will be placed at the end of the seeding list.

<u>High Jump:</u>	2.04	<u>ShotPut:</u>	15.60
<u>Pole Vault:</u>	4.80	<u>Weight Throw:</u>	16.80
<u>Long Jump:</u>	7.02	<u>Triple Jump:</u>	14.30
<u>Heptathlon:</u>	4800 points		or Top 15 to complete field

IMPORTANT: All Field Event final declarations **MUST** be stated in metric measurement, on the declaration sheet. Final declarations submitted in imperial measurements **WILL NOT BE ACCEPTED. At the time of declaration.**

“Waiver of Standard Policy”: According to the IC4A By-Laws, schools that do not have a qualifier in the running events or relays may enter ONE(1) athlete **or** ONE(1) relay in the meet. Schools that do not have a field event qualifier may Enter ONE (1) athlete in the field events.

Schools may enter **“Conference Champions”** that have not made the qualifying standard. You must designate one (1) conference only. This exception will replace the **“Waiver of Standard”** Rule. But you may use this rule for as many athletes that are Conference Champion, non-qualifiers. The heptathlon is excluded from this qualifying exception.

2009 ECAC DI Women's
Indoor Track & Field Qualifying Standards

RUNNING EVENTS

Event	2009(FAT)	2009 (H)
55 M	7.21	
60 M	7.71	
55 MH	8.29	
60 MH	8.84	
200 M	25.12	
400 M	57.04	56.8
500 M	1:16.00	1:15.8
800 M	2:14.44	2:14.2
1000 M	2:56.24	2:56.0
1500 M	4:41.64	4:41.4
Mile	5:01.14	5:00.9
3000 M	9:58.94	9:58.7
5000 M	17:33.64	17:33.4
4 x 400 M	3:53.94	3:53.7
4 x 400 YDS	3:55.24	3:55.0
4 x 800 M	9:25.24	9:25.0
4 x 880 YDS	9:28.24	9:28.0
DMR (M)	12:08.64	12:08.4
DMR (YDS)	12:13.64	12:13.4

FIELD EVENTS

Event	2009
High Jump	1.70m
Long Jump	5.65m
Triple Jump	11.70m
Pole Vault	3.60m
Shot Put	13.60m
20 Lb. Wt.	16.00m
Pentathlon	3450 pts