

2009 NCAA DIVISION I MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.63@	—	6.74@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	46.95	46.7	48.05	47.8
(200m/220 yds)*	46.55	46.3	47.65	47.4
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.60	1:48.3	1:51.10	1:50.8
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.30	4:00.0	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.50	3:59.2	4:04.00	4:03.7
3,000 Meters#				
(200m/220 yds or less)*	7:55.80	7:55.5	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:48.90	13:48.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200 m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9

@ 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.

	METRIC	METRIC
High Jump	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.10	15.40
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,650 points	5,300 points

*—Size of track.

#—Altitude adjustment available.

2009 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.60	—	24.30	—
(200m/220 yds)*	23.40	—	24.10	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.60	4:38.3	4:48.60	4:48.3

(Banked or Over 200m/220 yds)*	4:38.00	4:37.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

@ 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.

	METRIC	METRIC
High Jump	1.85	1.78
Pole Vault	4.20	3.95
Long Jump	6.35	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,050 points	3,700 points

*—Size of track.

#—Altitude adjustment available.

NCAA/9/18/2008/MRP