

2009 NCAA DIVISION I OUTDOOR TRACK AND FIELD

MEN'S REGIONAL QUALIFYING STANDARDS

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	10.55	--	+.03/+.06
200 Meters	21.35	--	+.07/+.12
400 Meters	47.20	46.9	+.11/+.21
800 Meters#	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:06.00	4:05.7	
3,000- Meter Steeplechase#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
10,000 Meters# - Auto	28:45.00	28:44.7	
10,000 Meters# - Prov	29:30.00	29:29.7	
110-Meter Hurdles	14.30	--	+.04/+.08
400-Meter Hurdles	52.51	52.2	+.11/+.21
400-Meter Relay	40.66	40.4	+.12/+.24
440-Yard Relay	40.86	40.6	+.12/+.24
1,600-Meter Relay	3:10.00	3:09.7	+.44/+.84
Mile Relay	3:11.10	3:10.8	+.44/+.84
	Metric		
High Jump	2.10		
Pole Vault	5.05		
Long Jump	7.34		
Triple Jump	15.00		
Shot Put	16.80		
Discus	51.70		
Javelin	61.60		
Hammer	56.80		
Decathlon - Auto	7,500 points		
Decathlon - Prov	6,900 points		

- Altitude adjustment available

NCAA/LTS/MP/10/7/08

2009 NCAA DIVISION I OUTDOOR TRACK AND FIELD

WOMEN'S REGIONAL QUALIFYING STANDARDS

Event	FAT	MT	Altitude
			Adjustment 3k-5,999/6k+
100 Meters	11.75	--	+.03/+.07
200 Meters	23.96	--	+.07/+.14
400 Meters	54.61	54.3	+.11/+.21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.30	4:49.0	
3,000-Meter Steeplechase#	10:50.25	10:50.0	
5000 Meters#	16:52.00	16:51.7	
10,000 Meters# - Auto	33:30.00	33:29.7	
10,000 Meters# - Prov	35:00.00	34:59.7	
100-Meter Hurdles	13.92	--	+.04/+.08
400-Meters Hurdles	1:00.82	1:00.5	+.11/+.21
400-Meter Relay	45.70	45.4	+.12/+.28
440-Yard Relay	45.90	45.6	+.12/+.28
1,600-Meter Relay	3:42.00	3:41.7	+.44/+.84
Mile Relay	3:43.30	3:43.0	+.44/+.84
	Metric		
High Jump	1.75		
Pole Vault	3.85		
Long Jump	6.00		
Triple Jump	12.32		
Shot Put	14.30		
Discus	47.30		
Javelin	43.45		
Hammer	54.15		
Heptathlon – Auto	5,500 points		
Heptathlon - Prov	5,050 points		

- Altitude adjustment available

NCAA/LTS/MP/10/7/08