

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

RUNNING EVENTS

Event	2009 (FAT)	2009 (H)
100 M	12.12	
200 M	24.88	
400 M	56.14	55.9
800 M	2:11.44	2:11.2
1500 M	4:32.44	4:32.2
Mile	4:54.24	4:54.0
3000 M	9:56.24	9:56.0
3000m Stpch	10:55.04	10:54.8
5000 M	17:26.14	17:25.9
10,000 M	37:40.00	37:40.0
100 MH	14.44	14.2
400 MH	1:02.54	1:02.3
4 x 100 M	48.34	48.1
4 x 400 M	3:51.84	3:51.6
4 x 800 M	9:16.24	9:16.0

FIELD EVENTS

Event	2009
High Jump	1.70m
Long Jump	5.80m
Triple Jump	12.00m
Pole Vault	3.65m
Shot Put	13.60m
Discus	42.50m
Javelin	40.50m
Hammer	49.50m
Heptathlon	4500 pts

I.C.A.A.A. OUTDOOR TRACK AND FIELD STANDARDS – 2009

	<u>AUTO</u>	<u>HAND</u>
<u>100 Meter Dash:</u>	0:10.85	0:10.6
<u>200 Meters:</u>	0:21.80	0:21.5
<u>400 Meters:</u>	0:48.50	0:48.2
<u>800 Meters:</u>	1:51.80	1:51.5
<u>1500 Meters:</u>	3:51.00	3:50.7
<u>One Mile:</u>	4:09.00	4:08.7
<u>5000 Meters:</u>	14:34.00	14:36.5
<u>3000 Meter Steeplechase:</u>	9:15.00	9:14.6
<u>10,000 Meters:</u>	31:08.00	31:07.7
<u>110 Meter High Hurdles:</u>	0:14.85	0:14.6
<u>400 Intermediate Hurdles:</u>	0:53.84	0:53.6
<u>4x100 Meter Relay:</u>	0:42.50	0:42.2
<u>4x1100 Yard Relay:</u>	0:42.80	0:42.5
<u>4x400 Meter Relay:</u>	3:17.60	3:17.3
<u>One Mile Relay:</u>	3:18.80	3:18.5
<u>4x800 Relay:</u>	7:43.00	7:42.7
<u>2 Mile Relay:</u>	7:46.60	7:46.4

IMPORTANT: In the 100, 200, 400, 110HH and 400 Relay “ 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. It may not be used for seeding purposes. In this case, the athlete will be placed at the end of the seeding list, regardless of the time....”

<u>High Jump:</u>	2.04	<u>ShotPut</u>	15.60
<u>Pole Vault:</u>	4.80	<u>Hammer Throw:</u>	52.50
<u>Long Jump:</u>	7.10	<u>Discus Throw:</u>	47.50
<u>Triple Jump:</u>	14.50	<u>Javelin Throw:</u>	58.70

Decathlon: 6600 points or Top 15 to complete the 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.

“Conference Champions”: We will continue, as we did indoors to include All Conference Champions, even if they have not made the current IC4A event standard. Each school may designate their “One” Conference to be used for this waiver. Athletes/Relay teams that take this waiver, may not use the above **“Waiver of Standard Policy”**. Thus does not include the Decathlon.