

**2009 NCAA DIVISION II INDOOR TRACK AND FIELD
MEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Updated 12/22/2008

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.30@	—	6.40@	—
60 Meters	6.78@	—	6.88@	—
55-Meter Hurdles	7.51@	—	7.72@	—
60-Meter Hurdles	8.04@	—	8.25@	—
200 Meters				
(Under 200m/220 yds)*	22.05	—	22.30	—
(200m/220 yds-Flat)*	21.85	—	22.10	—
(200m/220 yds-Banked)*	21.55	—	21.80	—
(Over 200m/220 yds)*	21.45	—	21.70	—
400 Meters				
(Under 200m/220 yds)*	48.45	—	49.55	—
(200m/220 yds-Flat)*	48.15	—	49.25	—
(200m/220 yds-Banked)*	47.75	—	48.85	—
(Over 200m/220 yds)*	47.65	—	48.75	—
800 Meters#				
(Under 200m/220 yds)*	1:53.20	—	1:54.90	—
(200m/220 yds-Flat)*	1:52.80	—	1:54.50	—
(200m/220 yds-Banked)*	1:52.30	—	1:54.00	—
(Over 200m/220 yds)*	1:52.20	—	1:53.90	—
Mile#				
(Under 200m/220 yds)*	4:10.50	4:10.2	4:15.00	4:14.7
(200m/220 yds-Flat)*	4:10.00	4:09.7	4:14.50	4:14.2
(200m/220 yds-Banked)*	4:09.20	4:08.9	4:13.70	4:13.4
(Over 200m/220 yds)*	4:08.80	4:08.5	4:13.30	4:13.0
5,000 Meters#				
(Under 200m/220 yds)*	14:24.70	14:24.4	14:54.70	14:54.4
(200m/220 yds-Flat)*	14:22.20	14:21.9	14:52.20	14:51.9
(200m/220 yds-Banked)*	14:20.00	14:19.7	14:50.00	14:49.7
(Over 200m/220 yds)*	14:19.00	14:18.7	14:49.00	14:48.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:17.10	3:16.8	3:21.60	3:21.3
(200m/220 yds-Flat)*	3:15.60	3:15.3	3:20.10	3:19.8
(200m/220 yds-Banked)*	3:14.00	3:13.7	3:18.50	3:18.2
(Over 200m/220 yds)*	3:13.60	3:13.3	3:18.10	3:17.8
Mile Relay				
(Under 200m/220 yds)*	3:18.30	3:18.0	3:22.80	3:22.5
(200m/220 yds-Flat)*	3:16.80	3:16.5	3:21.30	3:21.0
(200m/220 yds-Banked)*	3:15.20	3:14.9	3:19.70	3:19.4
(Over 200m/220 yds)*	3:14.80	3:14.5	3:19.30	3:19.0
Metric Distance Medley Relay#				
(Under 200m/220 yds)*	9:56.10	9:55.8	10:11.10	10:10.8
(200m/220 yds-Flat)*	9:55.00	9:54.7	10:10.00	10:09.7
(200m/220 yds-Banked)*	9:52.60	9:52.3	10:07.60	10:07.3
(Over 200m/220 yds)*	9:51.70	9:51.4	10:06.70	10:06.4
Imperial Distance Medley Relay#				
(Under 200m/220 yds)*	9:59.60	9:59.3	10:14.60	10:14.3
(200m/220 yds-Flat)*	9:58.50	9:58.2	10:13.50	10:13.2
(200m/220 yds-Banked)*	9:56.10	9:55.8	10:11.10	10:10.8
(Over 200m/220 yds)*	9:55.20	9:54.9	10:10.20	10:09.9
	METRIC		METRIC	
High Jump	2.11		2.05	
Pole Vault	5.03		4.75	
Long Jump	7.30		7.08	
Triple Jump	15.20		14.40	
Shot Put	17.40		15.85	
35-Pound Weight	19.00		17.45	
Heptathlon	NS		4,500	

*—Size of track.

#—Altitude adjustment available.

@Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude 3,000-5,999 feet, add .02 seconds.

**2009 NCAA DIVISION II INDOOR TRACK AND FIELD
WOMEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Updated 12/22/2008

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.02@	—	7.24@	—
60 Meters	7.55@	—	7.77@	—
55-Meter Hurdles	8.08@	—	8.43@	—
60-Meter Hurdles	8.65@	—	9.00@	—
200 Meters				
(Under 200m/220 yds)*	25.10	—	25.70	—
(200m/220 yds-Flat)*	24.90	—	25.50	—
(200m/220 yds-Banked)*	24.60	—	25.20	—
(Over 200m/220 yds)*	24.50	—	25.10	—
400 Meters				
(Under 200m/220 yds)*	56.30	—	58.10	—
(200m/220 yds-Flat)*	56.00	—	57.80	—
(200m/220 yds-Banked)*	55.70	—	57.50	—
(Over 200m/220 yds)*	55.60	—	57.40	—
800 Meters#				
(Under 200m/220 yds)*	2:13.40	—	2:17.60	—
(200m/220 yds-Flat)*	2:13.10	—	2:17.30	—
(200m/220 yds-Banked)*	2:12.80	—	2:17.00	—
(Over 200m/220 yds)*	2:12.70	—	2:16.90	—
Mile#				
(Under 200m/220 yds)*	4:57.60	4:57.3	5:06.10	5:05.8
(200m/220 yds-Flat)*	4:57.10	4:56.8	5:05.60	5:05.3
(200m/220 yds-Banked)*	4:56.50	4:56.2	5:05.00	5:04.7
(Over 200m/220 yds)*	4:56.10	4:55.8	5:04.60	5:04.3
5,000 Meters#				
(Under 200m/220 yds)*	17:10.50	17:10.2	17:55.50	17:55.2
(200m/220 yds-Flat)*	17:08.00	17:07.7	17:53.00	17:52.7
(200m/220 yds-Banked)*	17:06.20	17:05.9	17:51.20	17:50.9
(Over 200m/220 yds)*	17:05.50	17:05.2	17:50.50	17:50.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:48.30	3:48.0	3:59.30	3:59.0
(200m/220 yds-Flat)*	3:46.80	3:46.5	3:57.80	3:57.5
(200m/220 yds-Banked)*	3:45.60	3:45.3	3:56.60	3:56.3
(Over 200m/220 yds)*	3:45.20	3:44.9	3:56.20	3:55.9
Mile Relay				
(Under 200m/220 yds)*	3:49.50	3:49.2	4:00.50	4:00.2
(200m/220 yds-Flat)*	3:48.00	3:47.7	3:59.00	3:58.7
(200m/220 yds-Banked)*	3:46.80	3:46.5	3:57.80	3:57.5
(Over 200m/220 yds)*	3:46.40	3:46.1	3:57.40	3:57.1
Metric Distance Medley Relay#				
(Under 200m/220 yds)*	11:53.20	11:52.9	12:26.20	12:25.9
(200m/220 yds-Flat)*	11:51.70	11:51.4	12:24.70	12:24.4
(200m/220 yds-Banked)*	11:50.00	11:49.7	12:23.00	12:22.7
(Over 200m/220 yds)*	11:49.10	11:48.8	12:22.10	12:21.8
Imperial Distance Medley Relay#				
(Under 200m/220 yds)*	11:56.70	11:56.4	12:29.70	12:29.4
(200m/220 yds-Flat)*	11:55.20	11:54.9	12:28.20	12:27.9
(200m/220 yds-Banked)*	11:53.50	11:53.2	12:26.50	12:26.2
(Over 200m/220 yds)*	11:52.60	11:52.3	12:25.60	12:25.3
	METRIC		METRIC	
High Jump	1.74		1.67	
Pole Vault	3.85		3.55	
Long Jump	5.80		5.50	
Triple Jump	11.95		11.40	
Shot Put	14.30		13.20	
20-Pound Weight	18.00		16.00	
Pentathlon	NS		3,100	

*—Size of track.

#—Altitude adjustment available.

@Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude 3,000-5,999 feet, add .02 seconds.