

2009 NCAA DIVISION I OUTDOOR TRACK AND FIELD

MEN'S REGIONAL QUALIFYING STANDARDS

Event	FAT	MT
100 Meters	10.55	--
200 Meters	21.35	--
400 Meters	47.20	46.9
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	--
400-Meter Hurdles	52.51	52.2
400-Meter Relay	40.66	40.4
440-Yard Relay	40.86	40.6
1,600-Meter Relay	3:10.00	3:09.7
Mile Relay	3:11.10	3:10.8
	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/LAS/MP/10/3/08

2009 NCAA DIVISION I OUTDOOR TRACK AND FIELD

WOMEN'S REGIONAL QUALIFYING STANDARDS

Event	FAT	MT
100 Meters	11.75	--
200 Meters	23.96	--
400 Meters	54.61	54.3
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	--
400-Meters Hurdles	1:00.82	1:00.5
400-Meter Relay	45.70	45.4
440-Yard Relay	45.90	45.6
1,600-Meter Relay	3:42.00	3:41.7
Mile Relay	3:43.30	3:43.0
	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/LAS/MP/10/3/08