

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

Updated July – 2008

	<b>AUTOMATIC</b>		<b>PROVISIONAL</b>		<b>Altitude Adjustment</b>
	<b>F.A.T</b>	<b>M.T.</b>	<b>F.A.T.</b>	<b>M.T.</b>	<b>3k-5,999/6k+</b>
100 Meters	10.45		10.65		+ .03/+ .06
200 Meters	21.08		21.48		+ .07/+ .12
400 Meters	46.80		48.00		+ .11/+ .21
800 Meters #	1:50.00		1:53.00		
1,500 Meters #	3:47.00	3:46.7	3:53.50	3:53.2	
Mile # \$	4:05.16	4:04.8	4:12.18	4:11.8	
3,000 Meter Steeplechase #	9:09.00	9:08.7	9:26.00	9:25.7	
5,000 Meters #	14:10.00	14:09.7	14:45.0	14:44.7	
10,000 Meters # 2	29:45.00	29:44.7	31:00.0	30:59.7	
110-Meter Hurdles	14.15		14.65		+ .04/+ .08
400 Meters Hurdles	51.65		53.45		+ .11/+ .21
400 Meter Relay	40.25		41.35		+ .12/+ .24
440 Yard Relay	40.45		41.55		+ .12/+ .24
1600 Relay	3:11.00	3:10.7	3:15.00	3:14.7	+ .44/+ .84
Mile Relay	3:12.20	3:11.9	3:16.20	3:15.9	+ .44/+ .84
	<b>METRIC</b>		<b>METRIC</b>		
High Jump	2.12		2.05		
Pole Vault	5.05		4.80		
Long Jump	7.50		7.15		
Triple Jump	15.30		14.45		
Shot Put	16.90		15.90		
Discus	53.00		48.80		
Hammer	59.00		54.00		
Javelin	63.50		59.00		
Decathlon	6,900		6,400		

# -- Altitude adjustment available.

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

Updated July – 2008

	AUTOMATIC		PROVISIONAL		Altitude Adjustment
	F.A.T	M.T.	F.A.T.	M.T.	3k-5,999/6k+
100 Meters	11.65		12.12		+.03/+.07
200 Meters	24.08		24.80		+.07/+.14
400 Meters	55.00		56.80		+.11/+.21
800 Meters #	2:10.40		2:15.00		
1,500 Meters #	4:31.00	4:30.7	4:38.00	4:37.7	
Mile #	4:52.70	4:52.4	5:00.25	4:59.9	
3,000 Meter Steeplechase #	10:55.00	10:54.7	11:20.00	11:19.7	
5,000 Meters #	17:05.00	17:04.7	17:35.00	17:34.7	
10,000 Meters #	35:50.00	35:49.7	37:20.00	37:19.7	
100-Meter Hurdles	14.00		14.60		+.04/+.08
400 Meters Hurdles	1:00.75		1:03.00		+.11/+.21
400 Meter Relay	46.00		47.40		+.12/+.28
440 Yard Relay	46.20		47.60		+.12/+.28
1600 Relay	3:45.00	3:44.7	3:51.00	3:50.7	+.44/+.84
Mile Relay	3:46.20	3:45.9	3:52.20	3:51.9	+.44/+.84
	METRIC		METRIC		
High Jump	1.75		1.68		
Pole Vault	3.95		3.65		
Long Jump	5.90		5.62		
Triple Jump	12.15		11.55		
Shot Put	14.70		13.25		
Javelin	45.00		41.00		
Discus	47.70		43.00		
Hammer	54.60		49.50		
Heptathlon	4,800		4,400		

# -- Altitude adjustment available.