

**2010 NCAA DIVISION II INDOOR TRACK AND FIELD  
MEN'S QUALIFYING STANDARDS  
(SEA LEVEL)**

Updated 10/22/2009

<b>Event</b>	<b>AUTOMATIC FAT</b>	<b>MT</b>	<b>PROVISIONAL FAT</b>	<b>MT</b>
55 Meters	6.27@	—	6.40@	—
60 Meters	6.75@	—	6.88@	—
55-Meter Hurdles	7.51@	—	7.72@	—
60-Meter Hurdles	8.04@	—	8.25@	—
200 Meters				
(Under 200m/220 yds)*	21.90	—	22.30	—
(200m/220 yds-Flat)*	21.70	—	22.10	—
(200m/220 yds-Banked)*	21.40	—	21.80	—
(Over 200m/220 yds)*	21.30	—	21.70	—
400 Meters				
(Under 200m/220 yds)*	48.30	—	49.55	—
(200m/220 yds-Flat)*	48.00	—	49.25	—
(200m/220 yds-Banked)*	47.60	—	48.85	—
(Over 200m/220 yds)*	48.50	—	48.75	—
800 Meters#				
(Under 200m/220 yds)*	1:52.90	—	1:54.90	—
(200m/220 yds-Flat)*	1:52.50	—	1:54.50	—
(200m/220 yds-Banked)*	1:52.00	—	1:54.00	—
(Over 200m/220 yds)*	1:51.90	—	1:53.90	—
Mile#				
(Under 200m/220 yds)*	4:10.30	4:10.0	4:15.00	4:14.7
(200m/220 yds-Flat)*	4:09.80	4:09.5	4:14.50	4:14.2
(200m/220 yds-Banked)*	4:09.00	4:08.7	4:13.70	4:13.4
(Over 200m/220 yds)*	4:08.60	4:08.3	4:13.30	4:13.0
5,000 Meters#				
(Under 200m/220 yds)*	14:18.50	14:18.2	14:52.50	14:52.2
(200m/220 yds-Flat)*	14:16.00	14:15.7	14:50.00	14:49.7
(200m/220 yds-Banked)*	14:13.80	14:18.5	14:47.80	14:47.5
(Over 200m/220 yds)*	14:12.80	14:12.5	14:46.80	14:46.5
1,600-Meter Relay				
(Under 200m/220 yds)*	3:16.50	3:16.2	3:21.60	3:21.3
(200m/220 yds-Flat)*	3:15.00	3:14.7	3:20.10	3:19.8
(200m/220 yds-Banked)*	3:13.40	3:13.1	3:18.50	3:18.2
(Over 200m/220 yds)*	3:13.00	3:12.7	3:18.10	3:17.8
Mile Relay				
(Under 200m/220 yds)*	3:17.70	3:17.4	3:22.80	3:22.5
(200m/220 yds-Flat)*	3:16.20	3:15.9	3:21.30	3:21.0
(200m/220 yds-Banked)*	3:14.60	3:14.3	3:19.70	3:19.4
(Over 200m/220 yds)*	3:14.00	3:13.7	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
	<b>METRIC</b>		<b>METRIC</b>	
High Jump	2.11		2.04	
Pole Vault	5.05		4.80	
Long Jump	7.30		7.08	
Triple Jump	15.20		14.40	
Shot Put	17.40		15.85	
35-Pound Weight	19.30		17.50	
Heptathlon	5200		4550	

\*—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.

**2010 NCAA DIVISION II INDOOR TRACK AND FIELD  
WOMEN'S QUALIFYING STANDARDS  
(SEA LEVEL)**

Updated 10/22/2009

<b>Event</b>	<b>AUTOMATIC</b>		<b>PROVISIONAL</b>	
	<b>FAT</b>	<b>MT</b>	<b>FAT</b>	<b>MT</b>
55 Meters	6.92@	—	7.22@	—
60 Meters	7.45@	—	7.75@	—
55-Meter Hurdles	8.03@	—	8.43@	—
60-Meter Hurdles	8.60@	—	9.00@	—
200 Meters				
(Under 200m/220 yds)*	24.85	—	25.70	—
(200m/220 yds-Flat)*	24.65	—	25.50	—
(200m/220 yds-Banked)*	24.35	—	25.20	—
(Over 200m/220 yds)*	24.25	—	25.10	—
400 Meters				
(Under 200m/220 yds)*	56.30	—	58.20	—
(200m/220 yds-Flat)*	56.00	—	57.90	—
(200m/220 yds-Banked)*	55.70	—	57.60	—
(Over 200m/220 yds)*	55.60	—	57.50	—
800 Meters#				
(Under 200m/220 yds)*	2:12.30	—	2:16.80	—
(200m/220 yds-Flat)*	2:12.00	—	2:16.50	—
(200m/220 yds-Banked)*	2:11.70	—	2:16.20	—
(Over 200m/220 yds)*	2:11.60	—	2:16.10	—
Mile#				
(Under 200m/220 yds)*	4:55.50	4:55.2	5:05.50	5:05.2
(200m/220 yds-Flat)*	4:55.00	4:54.7	5:05.00	5:04.7
(200m/220 yds-Banked)*	4:54.40	4:54.1	5:04.40	5:04.1
(Over 200m/220 yds)*	4:54.00	4:53.7	5:04.00	5:03.7
5,000 Meters#				
(Under 200m/220 yds)*	17:00.50	17:00.2	17:52.50	17:52.2
(200m/220 yds-Flat)*	16:58.00	16:57.7	17:50.00	17:49.7
(200m/220 yds-Banked)*	16:56.20	16:55.9	17:48.20	17:47.9
(Over 200m/220 yds)*	16:55.50	16:55.2	17:47.50	17:47.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:48.50	3:48.2	3:58.50	3:58.2
(200m/220 yds-Flat)*	3:47.00	3:46.7	3:57.00	3:56.7
(200m/220 yds-Banked)*	3:45.80	3:45.5	3:55.80	3:55.5
(Over 200m/220 yds)*	3:45.40	3:45.1	3:55.40	3:55.1
Mile Relay				
(Under 200m/220 yds)*	3:49.70	3:49.4	3:59.70	3:59.4
(200m/220 yds-Flat)*	3:48.20	3:47.9	3:58.20	3:57.9
(200m/220 yds-Banked)*	3:47.00	3:46.7	3:57.00	3:56.7
(Over 200m/220 yds)*	3:46.60	3:46.3	3:56.60	3:56.3
Metric Distance Medley Relay				
(Under 200m/220 yds)*	11:52.00	11:51.7	12:21.50	12:21.2
(200m/220 yds-Flat)*	11:50.50	11:50.2	12:20.00	12:19.7
(200m/220 yds-Banked)*	11:48.80	11:48.5	12:18.30	12:18.0
(Over 200m/220 yds)*	11:47.90	11:47.6	12:17.40	12:17.1
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	11:55.50	11:55.2	12:25.00	12:24.7
(200m/220 yds-Flat)*	11:54.00	11:53.7	12:23.50	12:23.2
(200m/220 yds-Banked)*	11:52.30	11:52.0	12:21.80	12:21.5
(Over 200m/220 yds)*	11:51.40	11:51.1	12:20.90	12:20.6
	<b>METRIC</b>		<b>METRIC</b>	
High Jump	1.74		1.67	
Pole Vault	3.85		3.50	
Long Jump	5.90		5.55	
Triple Jump	11.90		11.35	
Shot Put	14.30		13.20	
20-Pound Weight	18.00		16.10	
Pentathlon	3800		3300	

\*—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.