

2010 NCAA DIVISION III MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.34	—	6.47	—
60 Meters	6.82	—	6.95	—
55-Meter Hurdles	7.55	—	7.74	—
60-Meter Hurdles	8.13	—	8.33	—
400 Meters				
(Under 200m/220 yds)*	49.05	—	50.15	—
(200m/220 yds – Flat)*	48.75	—	49.85	—
(200m/220 yds - Banked)*	48.25	—	49.35	—
(Over 200m/220 yds)*	48.15	—	49.25	—
800 Meters#				
(Under 200m/220 yds)*	1:53.20	1:52.9	1:55.30	1:55.0
(200m/220 yds – Flat)*	1:52.80	1:52.5	1:54.90	1:54.6
(200m/220 yds - Banked)*	1:52.20	1:51.9	1:54.30	1:54.0
(Over 200m/220 yds)*	1:51.90	1:51.6	1:54.00	1:53.7
Mile#				
(Under 200m/220 yds)*	4:11.50	4:11.2	4:16.50	4:16.2
(200m/220 yds – Flat)*	4:11.00	4:10.7	4:16.00	4:15.7
(200m/220 yds - Banked)*	4:10.00	4:09.7	4:15.00	4:14.7
(Over 200m/220 yds)*	4:08.80	4:08.5	4:13.80	4:13.5
5,000 Meters#				
(Under 200m/220 yds)*	14:32.50	14:32.2	14:55.50	14:55.2
(200m/220 yds – Flat)*	14:30.00	14:29.7	14:53.00	14:52.7
(200m/220 yds - Banked)*	14:26.40	14:26.1	14:49.40	14:49.1
(Over 200m/220 yds)*	14:24.50	14:24.2	14:47.50	14:47.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:18.20	3:17.9	3:22.20	3:21.9
(200m/220 yds – Flat)*	3:17.00	3:16.7	3:21.00	3:20.7
(200m/220 yds - Banked)*	3:15.00	3:14.7	3:19.00	3:18.7
(Over 200m/220 yds)*	3:14.60	3:14.3	3:18.60	3:18.3
Mile Relay				
(Under 200m/220 yds)*	3:19.30	3:19.0	3:23.30	3:23.0
(200m/220 yds – Flat)*	3:18.10	3:17.8	3:22.10	3:21.8
(200m/220 yds - Banked)*	3:16.10	3:15.8	3:20.10	3:19.8
(Over 200m/220 yds)*	3:15.70	3:15.4	3:19.70	3:19.4
Distance Medley Relay—Meters#				
(Under 200m/220 yds)*	10:01.60	10:01.3	10:11.60	10:11.3
(200m/220 yds – Flat)*	10:00.00	9:59.7	10:10.00	10:09.7
(200m/220 yds - Banked)*	9:57.00	9:56.7	10:07.00	10:06.7
(Over 200m/220 yds)*	9:55.80	9:55.5	10:05.80	10:05.5

Distance Medley Relay—Yards#				
(Under 200m/220 yds)*	10:05.10	10:04.8	10:15.10	10:14.8
(200m/220 yds – Flat)*	10:03.50	10:03.2	10:13.50	10:13.2
(200m/220 yds - Banked)*	10:00.50	10:00.2	10:10.50	10:10.2
(Over 200m/220 yds)*	9:59.30	9:59.0	10:09.30	10:09.0

	METRIC	METRIC
High Jump	2.10	2.02
Pole Vault	5.10	4.65
Long Jump	7.20	6.92
Triple Jump	14.68	14.08
Shot Put	16.75	15.54
35-Pound Weight	18.34	16.69
Pentathlon	3650	3350

*—Size of track.

#—Altitude adjustment available.

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QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.10	—	7.29	—
60 Meters	7.65	—	7.85	—
55-Meter Hurdles	8.20	—	8.53	—
60-Meter Hurdles	8.82	—	9.17	—
400 Meters				
(Under 200m/220 yds)*	56.95	—	58.84	—
(200m/220 yds – Flat)*	56.75	—	58.64	—
(200m/220 yds - Banked)*	56.35	—	58.24	—
(Over 200m/220 yds)*	56.25	—	58.14	—
800 Meters#				
(Under 200m/220 yds)*	2:13.30	2:13.0	2:16.80	2:16.5
(200m/220 yds – Flat)*	2:13.00	2:12.7	2:16.50	2:16.2
(200m/220 yds - Banked)*	2:12.50	2:12.2	2:16.00	2:15.7
(Over 200m/220 yds)*	2:12.30	2:12.0	2:15.80	2:15.5
Mile#				
(Under 200m/220 yds)*	4:55.40	4:55.1	5:05.40	5:05.1
(200m/220 yds – Flat)*	4:55.00	4:54.7	5:05.00	5:04.7
(200m/220 yds - Banked)*	4:54.10	4:53.8	5:04.10	5:03.8
(Over 200m/220 yds)*	4:53.20	4:52.9	5:03.20	5:02.9
5,000 Meters#				
(Under 200m/220 yds)*	17:12.50	17:12.2	17:44.50	17:44.2
(200m/220 yds – Flat)*	17:10.00	17:09.7	17:42.00	17:41.7
(200m/220 yds - Banked)*	17:06.70	17:06.4	17:38.70	17:38.4
(Over 200m/220 yds)*	17:04.80	17:04.5	17:36.80	17:36.5
1,600-Meter Relay				
(Under 200m/220 yds)*	3:54.80	3:54.5	4:00.80	4:00.5
(200m/220 yds – Flat)*	3:54.00	3:53.7	4:00.00	3:59.7
(200m/220 yds - Banked)*	3:52.40	3:52.1	3:58.40	3:58.1
(Over 200m/220 yds)*	3:52.00	3:51.7	3:58.00	3:57.7
Mile Relay				
(Under 200m/220 yds)*	3:56.20	3:55.9	4:02.20	4:01.9
(200m/220 yds – Flat)*	3:55.40	3:55.1	4:01.40	4:01.1
(200m/220 yds - Banked)*	3:53.80	3:53.5	3:59.80	3:59.5
(Over 200m/220 yds)*	3:53.40	3:53.1	3:59.40	3:59.1
Distance Medley Relay—Meters#				
(Under 200m/220 yds)*	11:54.80	11:54.5	12:15.20	12:14.9
(200m/220 yds – Flat)*	11:53.60	11:53.3	12:14.00	12:13.7
(200m/220 yds - Banked)*	11:51.10	11:50.8	12:11.50	12:11.2
(Over 200m/220 yds)*	11:49.60	11:49.3	12:10.00	12:09.7

Distance Medley Relay—Yards#				
(Under 200m/220 yds)*	11:59.00	11:58.7	12:19.40	12:19.1
(200m/220 yds – Flat)*	11:57.80	11:57.5	12:18.20	12:17.9
(200m/220 yds - Banked)*	11:55.30	11:55.0	12:15.70	12:15.4
(Over 200m/220 yds)*	11:53.80	11:53.5	12:14.20	12:13.9

	METRIC	METRIC
High Jump	1.71	1.66
Pole Vault	3.85	3.50
Long Jump	5.70	5.44
Triple Jump	11.80	11.23
Shot Put	14.00	12.90
20-Pound Weight	17.30	15.50
Pentathlon	3400	3,000

*—Size of track.

#—Altitude adjustment available.