

2012 NCAA DIVISION I MEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.14	—
60 Meters	6.60	—
55 Hurdles	7.17	—
60 Hurdles	7.70	—
200 Meters		
(Under 200m/220 yds)*	21.38	—
(200m/220 yds)*	21.13	—
(Banked or Over 200m/220 yds)*	20.73	—
400 Meters		
(Under 200m/220 yds)*	47.00	46.75
(200m/220 yds)*	46.60	46.35
(Banked or Over 200m/220 yds)*	46.00	45.75
800 Meters		
(Under 200m/220 yds)*	1:48.60	1:48.30
(200m/220 yds or less)*	1:48.20	1:47.90
(Banked or Over 200m/220 yds)*	1:47.30	1:47.0
Mile		
(Under 200m/220 yds)*	4:00.20	3:59.9
(200m/220 yds or less)*	3:59.70	3:59.4
(Banked or Over 200m/220 yds)*	3:57.90	3:57.6
3000 Meters		
(Under 200m/220 yds)*	7:56.30	7:56.0
(200m/220 yds or less)*	7:55.00	7:54.7
(Banked or Over 200m/220 yds)*	7:52.30	7:52.0
5000 Meters		
(Under 200m/220 yds)*	13:50.90	13:50.6
(200m/220 yds or less)*	13:48.40	13:48.1
(Banked or Over 200m/220 yds)*	13:44.60	13:44.3
4x400 Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
4x440 Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay		
(Under 200m/220 yds)*	9:35.10	9:34.8

(200m/220 yds or less)*	9:34.00	9:33.7
(Banked or Over 200m/220 yds)*	9:31.00	9:30.7
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	9:36.60	9:36.3
(200 m/220 yds or less)*	9:35.50	9:35.2
(Banked or Over 200 m/220 yds)*	9:32.50	9:32.2

	METRIC	
High Jump	2.24	
Pole Vault	5.50	
Long Jump	8.00	
Triple Jump	16.30	
Shot Put	19.35	
Weight Throw	21.50	
Heptathlon	5,750 points	

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

updated 11/05/11