

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

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.71	—
60 Meters	7.23	—
55 Hurdles	7.53	—
60 Hurdles	8.10	—
200 Meters		
(Under 200m/220 yds)*	23.82	—
(200m/220 yds)*	23.62	—
(Banked or Over 200m/220 yds)*	23.12	—
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters		
(Under 200m/220 yds)*	2:05.80	2:05.5
(200m/220 yds or less)*	2:05.50	2:05.2
(Banked or Over 200m/220 yds)*	2:04.50	2:04.2
Mile		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or less)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3000 Meters		
(Under 200m/220 yds)*	9:14.00	9:13.7
(200m/220 yds or less)*	9:13.00	9:12.7
(Banked or Over 200m/220 yds)*	9:10.00	9:09.7
5000 Meters		
(Under 200m/220 yds)*	16:04.50	16:04.2
(200m/220 yds or less)*	16:02.00	16:01.7
(Banked or Over 200m/220 yds)*	15:57.00	15:56.7
4x400 Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
4x440 Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay		
(Under 200m/220 yds)*	11:08.90	11:08.6

(200m/220 yds or less)*	11:07.40	11:07.1
(Banked or Over 200m/220 yds)*	11:03.50	11:03.2
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	11:11.40	11:11.1
(200m/220 yds or less)*	11:10.90	11:10.6
(Banked or Over 200m/220 yds)*	11:07.00	11:06.7

	METRIC	
High Jump	1.85	
Pole Vault	4.35	
Long Jump	6.45	
Triple Jump	13.30	
Shot Put	17.20	
Weight Throw	21.00	
Pentathlon	4,150 points	

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

* Denotes size of track.

updated 11/14/11