

**2012 NCAA DIVISION II INDOOR TRACK AND FIELD
MEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters#	6.27@	—	6.47@	—
60 Meters#	6.75@	—	6.95@	—
55 Hurdles#	7.43@	—	7.72@	—
60 Hurdles#	7.96@	—	8.25@	—
200 Meters#				
(Under 200m/220 yds)*	21.86	—	22.40	—
(200m/220 yds-Flat)*	21.66	—	22.20	—
(200m/220 yds-Banked)*	21.36	—	21.90	—
(Over 200m/220 yds)*	21.26	—	21.80	—
400 Meters#				
(Under 200m/220 yds)*	48.08	—	49.55	—
(200m/220 yds-Flat)*	47.78	—	49.25	—
(200m/220 yds-Banked)*	47.38	—	48.85	—
(Over 200m/220 yds)*	47.28	—	48.75	—
800 Meters#				
(Under 200m/220 yds)*	1:51.80	—	1:54.60	—
(200m/220 yds-Flat)*	1:51.40	—	1:54.20	—
(200m/220 yds-Banked)*	1:50.90	—	1:53.70	—
(Over 200m/220 yds)*	1:50.80	—	1:53.60	—
Mile#				
(Under 200m/220 yds)*	4:06.90	4:06.6	4:15.30	4:15.0
(200m/220 yds-Flat)*	4:06.40	4:06.1	4:14.80	4:14.5
(200m/220 yds-Banked)*	4:05.60	4:05.3	4:14.00	4:13.7
(Over 200m/220 yds)*	4:05.20	4:04.9	4:13.60	4:13.3
5,000 Meters#				
(Under 200m/220 yds)*	14:10.30	14:10.0	14:49.70	14:49.4
(200m/220 yds-Flat)*	14:07.80	14:07.5	14:47.20	14:46.9
(200m/220 yds-Banked)*	14:05.60	14:05.3	14:45.00	14:44.7
(Over 200m/220 yds)*	14:04.60	14:04.3	14:44.00	14:43.7
4 x 400 Relay#				
(Under 200m/220 yds)*	3:14.80	3:14.5	3:21.60	3:21.3
(200m/220 yds-Flat)*	3:13.30	3:13.0	3:20.10	3:19.8
(200m/220 yds-Banked)*	3:11.70	3:11.4	3:18.50	3:18.2
(Over 200m/220 yds)*	3:11.30	3:11.0	3:18.10	3:17.8
4x440 Relay				
(Under 200m/220 yds)*	3:16.00	3:15.7	3:22.80	3:22.5
(200m/220 yds-Flat)*	3:14.50	3:14.2	3:21.30	3:21.0
(200m/220 yds-Banked)*	3:12.90	3:12.6	3:19.70	3:19.4
(Over 200m/220 yds)*	3:12.50	3:12.2	3:19.30	3:19.0
Metric Distance Medley Relay#				
(Under 200m/220 yds)*	9:53.70	9:53.4	10:11.10	10:10.8
(200m/220 yds-Flat)*	9:52.60	9:52.3	10:10.00	10:09.7
(200m/220 yds-Banked)*	9:50.20	9:49.9	10:07.60	10:07.3
(Over 200m/220 yds)*	9:49.30	9:49.0	10:06.70	10:06.4
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	9:57.20	9:56.9	10:14.60	10:14.3
(200m/220 yds-Flat)*	9:56.10	9:55.8	10:13.50	10:13.2
(200m/220 yds-Banked)*	9:53.70	9:53.4	10:11.10	10:10.8
(Over 200m/220 yds)*	9:52.80	9:53.5	10:10.20	10:09.9
	METRIC		METRIC	
High Jump	2.14		2.04	
Pole Vault	5.09		4.75	
Long Jump	7.54		7.10	
Triple Jump	15.49		14.30	
Shot Put	18.18		15.90	
35-Pound Weight Throw	20.14		17.50	
Heptathlon	5153		4600	

*—Size of track.

#—Altitude adjustment available.

**2012 NCAA DIVISION II INDOOR TRACK AND FIELD
WOMEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters#	6.91@	—	7.22@	—
60 Meters#	7.44@	—	7.75@	—
55 Hurdles#	7.86@	—	8.38@	—
60 Hurdles#	8.43@	—	8.95@	—
200 Meters#				
(Under 200m/220 yds)*	24.66	—	25.70	—
(200m/220 yds-Flat)*	24.46	—	25.50	—
(200m/220 yds-Banked)*	24.16	—	25.20	—
(Over 200m/220 yds)*	24.06	—	25.10	—
400 Meters#				
(Under 200m/220 yds)*	55.72	—	58.10	—
(200m/220 yds-Flat)*	55.42	—	57.80	—
(200m/220 yds-Banked)*	55.12	—	57.50	—
(Over 200m/220 yds)*	55.02	—	57.40	—
800 Meters#				
(Under 200m/220 yds)*	2:11.13	—	2:16.60	—
(200m/220 yds-Flat)*	2:10.83	—	2:16.30	—
(200m/220 yds-Banked)*	2:10.53	—	2:16.00	—
(Over 200m/220 yds)*	2:10.43	—	2:15.90	—
Mile#				
(Under 200m/220 yds)*	4:52.40	4:52.1	5:03.10	5:02.8
(200m/220 yds-Flat)*	4:51.90	4:51.6	5:02.60	5:02.3
(200m/220 yds-Banked)*	4:51.30	4:51.0	5:02.00	5:01.7
(Over 200m/220 yds)*	4:50.90	4:50.6	5:01.60	5:01.3
5,000 Meters#				
(Under 200m/220 yds)*	16:39.30	16:39.0	17:37.30	17:37.0
(200m/220 yds-Flat)*	16:36.80	16:36.5	17:34.80	17:34.5
(200m/220 yds-Banked)*	16:35.00	16:34.7	17:33.00	17:32.7
(Over 200m/220 yds)*	16:34.30	16:34.0	17:32.30	17:32.0
4 x 400 Relay#				
(Under 200m/220 yds)*	3:47.40	3:47.1	3:58.50	3:58.2
(200m/220 yds-Flat)*	3:45.90	3:45.6	3:57.00	3:56.7
(200m/220 yds-Banked)*	3:44.70	3:44.4	3:55.80	3:55.5
(Over 200m/220 yds)*	3:44.30	3:44.0	3:55.40	3:55.1
4x440 Relay				
(Under 200m/220 yds)*	3:47.60	3:47.3	3:59.70	3:59.4
(200m/220 yds-Flat)*	3:46.10	3:45.8	3:58.20	3:57.9
(200m/220 yds-Banked)*	3:44.90	3:44.6	3:57.00	3:56.7
(Over 200m/220 yds)*	3:44.50	3:44.2	3:56.60	3:56.3
Metric Distance Medley Relay#				
(Under 200m/220 yds)*	11:41.60	11:41.3	12:20.20	12:19.9
(200m/220 yds-Flat)*	11:40.10	11:39.8	12:18.70	12:18.4
(200m/220 yds-Banked)*	11:38.40	11:38.1	12:17.00	12:16.7
(Over 200m/220 yds)*	11:37.50	11:37.2	12:16.10	12:15.8
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	11:45.10	11:44.8	12:23.70	12:23.4
(200m/220 yds-Flat)*	11:43.60	11:43.3	12:22.20	12:21.9
(200m/220 yds-Banked)*	11:41.90	11:41.6	12:20.50	12:20.2
(Over 200m/220 yds)*	11:41.00	11:40.7	12:19.60	12:19.3
	METRIC		METRIC	
High Jump	1.76		1.67	
Pole Vault	3.98		3.50	
Long Jump	5.91		5.55	
Triple Jump	12.17		11.50	
Shot Put	14.97		13.40	
20-Pound Weight Throw	18.63		16.10	
Pentathlon	3813		3300	

*—Size of track.

#—Altitude adjustment available.

Updated 11/6/2011