2014 NCAA DIVISION II INDOOR TRACK AND FIELD
MEN'S QUALIFYING STANDARDS
(SEA LEVEL)

	AUTOMATIC		PROVISIONAL	
Event	**FAT**	**MT**	**FAT**	**MT**
60 Meters	6.74	—	6.89	—
60 Hurdles	7.85	—	8.31	—
200 Meters	21.69	—	22.30	—
400 Meters	48.10	—	49.79	—
800 Meters	1:51.53	—	1:55.63	—
Mile	4:07.13	4:06.8	4:16.24	4:15.9
3,000 Meters	8:07.60	8:07.3	8:33.90	8:33.6
5,000 Meters	14:12.74	14:12.4	14:56.59	14:56.2
4 x 400 Relay	3:15.10	3:14.8	3:21.17	3:20.8
Metric Distance Medley Relay	9:57.01	9:56.7	10:17.29	10:16.9
	METRIC		**METRIC**	
High Jump	2.17		2.04	
Pole Vault	5.11		4.66	
Long Jump	7.50		7.01	
Triple Jump	15.44		14.20	
Shot Put	18.40		15.63	
35-Pound Weight Throw	21.20		17.06	
Heptathlon	5250		4600	

IMPORTANT NOTES:

Track Type/Altitude Conversions

The standards listed in this document are applicable for performances on a 200 meter flat track. For specific events, the Indoor Track Facility Indexing Conversions will be used to convert times from an undersized, oversized, or banked track to determine whether times achieved on those track types meet the qualifying standards noted above. Altitude adjustments are also available for all running events. Information regarding altitude adjustments, track indexing conversions and the Indexing Conversion Calculator can be found online at www.NCAA.org (log into NCAA Connect, go to Championships, Division II Indoor Track and Field, Links/Resources).

Event Conversions

Below are the permissible event conversions for NCAA indoor track and field. The Standardized Track Event Conversion Factors will be used to convert times for the non-championship events listed below to determine whether times achieved meet the qualifying standards noted above. The Standardized Track Event Conversion Factors can be found online at www.NCAA.org (log into NCAA Connect, go to Championships, Division II Indoor Track and Field, Links/Resources).

55 meters to 60 meters
55 meter hurdles to 60 meter hurdles
Mile relay to 4x400 meter relay
Distance Medley Relay (yards) to Distance Medley Relay (metric)

2014 NCAA DIVISION II INDOOR TRACK AND FIELD
WOMEN'S QUALIFYING STANDARDS
(SEA LEVEL)

	AUTOMATIC		PROVISIONAL	
Event	**FAT**	**MT**	**FAT**	**MT**
60 Meters	7.44	—	7.75	—
60 Hurdles	8.36	—	8.90	—
200 Meters	24.27	—	25.41	—
400 Meters	55.13	—	57.96	—
800 Meters	2:10.49	—	2:18.07	—
Mile	4:49.85	4:49.5	5:05.50	5:05.2
3,000 Meters	9:32.89	9:32.5	10:12.22	10:11.9
5,000 Meters	16:44.29	16.43.9	17:48.17	17:47.8
4 x 400 Relay	3:47.60	3:47.3	3:56.10	3:55.8
Metric Distance Medley Relay	11:44.23	11:43.9	12:22.87	12:22.5
	METRIC		**METRIC**	
High Jump	1.77		1.66	
Pole Vault	4.00		3.55	
Long Jump	5.94		5.54	
Triple Jump	12.28		11.45	
Shot Put	15.09		13.30	
20-Pound Weight Throw	20.00		16.00	
Pentathlon	3847		3200	

IMPORTANT NOTES:

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Event Conversions

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55 meters to 60 meters
55 meter hurdles to 60 meter hurdles
Mile relay to 4x400 meter relay
Distance Medley Relay (yards) to Distance Medley Relay (metric)