

2009 NCAA DIVISION III MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.36	—	6.47	—
60 Meters	6.84	—	6.95	—
55-Meter Hurdles	7.55	—	7.73	—
60-Meter Hurdles	8.09	—	8.27	—
400 Meters				
(Under 200m/220 yds)*	48.76	—	49.98	—
(200m/220 yds – Flat)*	48.46	—	49.68	—
(200m/220 yds - Banked)*	47.96	—	49.18	—
(Over 200m/220 yds)*	47.86	—	49.08	—
800 Meters#				
(Under 200m/220 yds)*	1:53.20	1:52.9	1:55.25	1:54.9
(200m/220 yds – Flat)*	1:52.80	1:52.5	1:54.85	1:54.5
(200m/220 yds - Banked)*	1:52.20	1:51.9	1:54.25	1:53.9
(Over 200m/220 yds)*	1:51.90	1:51.6	1:53.95	1:53.6
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)*	3:18.00	3:17.7	3:21.80	3:21.5
(200m/220 yds – Flat)*	3:16.80	3:16.5	3:20.60	3:20.3
(200m/220 yds - Banked)*	3:14.80	3:14.5	3:18.60	3:18.3
(Over 200m/220 yds)*	3:14.40	3:14.1	3:18.20	3:17.9
Mile Relay				
(Under 200m/220 yds)*	3:19.10	3:18.8	3:22.90	3:22.6
(200m/220 yds – Flat)*	3:17.90	3:17.6	3:21.70	3:21.4
(200m/220 yds - Banked)*	3:15.90	3:15.6	3:19.70	3:19.4
(Over 200m/220 yds)*	3:15.50	3:15.2	3:19.30	3:19.0
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	10:06.30	10:06.0

	METRIC	METRIC
High Jump	2.10	2.02
Pole Vault	5.06	4.68
Long Jump	7.24	6.96
Triple Jump	14.65	14.05
Shot Put	16.90	15.50
35-Pound Weight	18.34	16.55
Pentathlon	N/A	3400

*—Size of track.

#—Altitude adjustment available.

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QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.14	—	7.30	—
60 Meters	7.66	—	7.82	—
55-Meter Hurdles	8.25	—	8.53	—
60-Meter Hurdles	8.83	—	9.11	—
400 Meters				
(Under 200m/220 yds)*	56.95	—	58.90	—
(200m/220 yds – Flat)*	56.75	—	58.70	—
(200m/220 yds - Banked)*	56.35	—	58.30	—
(Over 200m/220 yds)*	56.25	—	58.20	—
800 Meters#				
(Under 200m/220 yds)*	2:13.80	2:13.5	2:16.80	2:16.5
(200m/220 yds – Flat)*	2:13.50	2:13.2	2:16.50	2:16.2
(200m/220 yds - Banked)*	2:13.00	2:12.7	2:16.00	2:15.7
(Over 200m/220 yds)*	2:12.80	2:12.5	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)*	3:54.30	3:54.0	4:00.80	4:00.5
(200m/220 yds – Flat)*	3:53.50	3:53.2	4:00.00	3:59.7
(200m/220 yds - Banked)*	3:51.90	3:51.6	3:58.40	3:58.1
(Over 200m/220 yds)*	3:51.50	3:51.2	3:58.00	3:57.7
Mile Relay				
(Under 200m/220 yds)*	3:55.70	3:55.4	4:02.20	4:01.9
(200m/220 yds – Flat)*	3:54.90	3:54.6	4:01.40	4:01.1
(200m/220 yds - Banked)*	3:53.30	3:53.0	3:59.80	3:59.5
(Over 200m/220 yds)*	3:52.90	3:52.6	3:59.40	3:59.1
Distance Medley Relay—Meters#				
(Under 200m/220 yds)*	11:54.80	11:54.5	12:18.20	12:17.9
(200m/220 yds – Flat)*	11:53.60	11:53.3	12:17.00	12:16.7
(200m/220 yds - Banked)*	11:51.10	11:50.8	12:14.50	12:14.2
(Over 200m/220 yds)*	11:49.60	11:49.3	12:13.00	12:12.7

Distance Medley Relay—Yards#				
(Under 200m/220 yds)*	11:59.00	11:58.7	12:22.40	12:22.1
(200m/220 yds – Flat)*	11:57.80	11:57.5	12:21.20	12:20.9
(200m/220 yds - Banked)*	11:55.30	11:55.0	12:18.70	12:18.4
(Over 200m/220 yds)*	11:53.80	11:53.5	12:17.20	12:16.9

	METRIC	METRIC
High Jump	1.71	1.66
Pole Vault	3.75	3.45
Long Jump	5.70	5.43
Triple Jump	11.75	11.18
Shot Put	14.00	12.90
20-Pound Weight	17.00	15.35
Pentathlon	NA	3,000

*—Size of track.

#—Altitude adjustment available.