

## 2005 NCAA DIVISION I MEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.24@	—
60 Meters	6.62@	—	6.72@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked or Over 200m/220 yds)*	46.05	45.8	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.60	1:48.3	1:50.10	1:49.8
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:49.50	1:49.2
Mile#				
(200m/220 yds or less)*	4:00.10	3:59.8	4:05.70	4:05.4
(Banked or Over 200m/220 yds)*	3:59.30	3:59.0	4:04.90	4:04.6
3,000 Meters#				
(200m/220 yds or less)*	7:57.30	7:57.0	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:56.00	7:55.7	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:55.00	13:54.7	14:60.90	14:16.6
(Banked or Over 200m/220 yds)*	13:53.10	13:52.8	14:15.00	14:14.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:09.30	3:09.0	3:13.60	3:13.3
(200m/220 yds)*	3:07.70	3:07.4	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.10	3:05.8	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.80	3:14.5
(200m/220 yds)*	3:08.90	3:08.6	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.30	3:07.0	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:35.25	9:34.9	9:45.95	9:45.5
(Banked or Over 200m/220 yds)*	9:33.00	9:32.7	9:43.70	9:43.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:38.75	9:38.4	9:49.45	9:48.9
(Banked or Over 200 m/220 yds)*	9:36.50	9:36.2	9:47.20	9:46.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	2.23	2.17
Pole Vault	5.50	5.20
Long Jump	7.85	7.45
Triple Jump	16.20	15.50
Shot Put	19.30	17.75
35-Pound Weight	21.20	19.00
Heptathlon	5,650 points	5,200 points

\*—Size of track.

#—Altitude adjustment available.

NCAA/10/8/2004/MAB

2005 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD  
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.75@	—	6.92@	—
60 Meters	7.27@	—	7.44@	—
55-Meter Hurdles	7.58@	—	7.86@	—
60-Meter Hurdles	8.15@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.70	—	24.30	—
(200m/220 yds)*	23.50	—	24.10	—
(Banked or Over 200m/220 yds)*	23.30	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters				
(200m/220 yds or less)*	2:06.05	2:05.8	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.65	2:05.4	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:39.10	4:38.8	4:47.60	4:47.3
(Banked or Over 200m/220 yds)*	4:38.50	4:38.2	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked or Over 200m/220 yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 Meters#				
(200m/220 yds or less)*	16:11.60	16:11.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:10.00	16:09.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.90	3:35.6	3:42.40	3:42.1
(200m/220 yds)*	3:34.70	3:34.4	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:37.10	3:36.8	3:43.65	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.45	3:42.2
(Banked or Over 200m/220 yds)*	3:34.70	3:34.4	3:41.25	3:41.0
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:30.00	11:29.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:28.00	11:27.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:34.20	11:33.9
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:32.20	11:31.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	1.84	1.78
Pole Vault	4.20	3.95
Long Jump	6.40	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.40
20-Pound Weight	20.50	18.50
Pentathlon	4,050 points	3,700 points

\*—Size of track.

#—Altitude adjustment available.

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