

**NCAA Men's Outdoor Track and Field  
2005 Regional Qualifying Standards**

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	10.50	--	+.03/+.06
200 Meters	21.19	--	+.07/+.12
400 Meters	47.26	47.0	+.11/+.21
800 Meters#	1:50.40	1:51.1	
1,500 Meters#	3:48.21	3:47.9	
Mile#	4:06.61	4:06.3	
3,000- Meter Steeplechase#	9:08.15	9:07.9	
5,000 Meters#	14:15.75	14:15.5	
10,000 Meters# - Auto	29:00.00	28:59.7	
10,000 Meters# - Prov	29:45.00	29:44.7	
110-Meter Hurdles	14.33	--	+.04/+.08
400-Meter Hurdles	52.51	52.2	+.11/+.21
400-Meter Relay	40.66	40.4	+.12/+.24
440-Yard Relay	40.86	40.6	+.12/+.24
1,600-Meter Relay	3:10.00	3:09.7	+.44/+.84
Mile Relay	3:11.20	3:10.9	+.44/+.84
	Metric		
High Jump	2.10		
Pole Vault	5.05		
Long Jump	7.34		
Triple Jump	15.08		
Shot Put	16.61		
Discus	50.37		
Javelin	61.62		
Hammer	55.63		
Decathlon - Auto	7,500 points		
Decathlon - Prov	7,000 points		

# - Altitude adjustment available

**NCAA Women's Outdoor Track and Field  
2005 Regional Qualifying Standards**

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	11.75	--	+.03/+.07
200 Meters	23.96	--	+.07/+.14
400 Meters	54.61	54.3	+.11/+.21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-Meter Steeplechase#	10:52.10	10:51.8	
5000 Meters#	16:52.00	16:51.7	
10,000 Meters# - Auto	34:10.00	34:09.7	
10,000 Meters# - Prov	35:15.00	35:14.7	
100-Meter Hurdles	13.95	--	+.04/+.08
400-Meters Hurdles	1:00.82	1:00.5	+.11/+.21
400-Meter Relay	45.80	45.5	+.12/+.28
440-Yard Relay	46.00	45.7	+.12/+.28
1,600-Meter Relay	3:42.00	3:41.7	+.44/+.84
1,600-Yard Relay	3:43.20	3:42.9	+.44/+.84
	Metric		
High Jump	1.75		
Pole Vault	3.80		
Long Jump	5.95		
Triple Jump	12.26		
Shot Put	14.30		
Discus	47.30		
Javelin	43.15		
Hammer	54.15		
Heptathlon – Auto	5,500 points		
Heptathlon - Prov	5,000 points		

# - Altitude adjustment available