



2010 NCAA DIVISION III MEN'S INDOOR TRACK & FIELD QUALIFYING STANDARDS

	SUNYAC	ECAC	NCAA Provisional	NCAA Automatic
55 meters (60)	6.94 (7.42)	6.63 (7.11)	6.47 (6.95)	6.34 (6.82)
55 meter HH (60 HH)	8.74 (9.27)	8.00 (8.52)	7.74 (8.33)	7.55 (8.13)
200 meters	24.24	23.00	-	-
400 meters	53.74	50.71	49.85	48.75
500 meters (600)	-	1:08.23 (1:23.83)	-	-
800 meters	2:03.24	1:57.17	1:54.90	1:52.80
1000 meters	-	2:36.01	-	-
Mile	4:37.04	4:23.54	4:16.00	4:11.00
3000 meters	9:15.24	8:50.00	-	-
5000 meters	16:20.24	15:23.43	14:53.00	14:30.00
4x200 meter relay	-	1:34.59	-	-
4x400 meter relay	ns	3:26.15	3:21.00	3:17.00
4x800 meter relay	-	8:08.60	-	-
DMR	ns	10:37.68	10:10.00	10:00.00
High Jump	1.83m	1.93m	2.02m	2.10m
Pole Vault	3.66m	4.40m	4.65m	5.10m
Long Jump	6.09m	6.70m	6.92m	7.20m
Triple Jump	12.19m	13.51m	14.08m	14.68m
Shot Put	11.89m	14.35m	15.54m	16.75m
35# Weight Throw	11.50m	15.20m	16.69m	18.34m
Pentathlon	-	Top 12 entered	3,350 points	3,650 points

SUNYAC standards will be provisional marks beginning in 2010. The top 16 entered from the performance lists will qualify for the Championships.
 ns = No Standard, - = Not Contested, Please note that all NCAA standards pertain to 200 meter flat tracks.