



2010 NCAA DIVISION III MEN'S OUTDOOR QUALIFYING STANDARDS

	SUNYAC	ECAC	NCAA Provisional	NCAA Automatic
100 meters	11.72	11.05	10.76	10.55
110 meter HH	17.07	15.76	14.88	14.42
200 meters	23.57	22.30	21.75	21.31
400 meters	52.30	50.10	48.50	47.50
400 meter IH	1:00.28	56.60	54.30	52.65
800 meters	2:00.74	1:55.20	1:53.00	1:50.80
1,500 meters	4:10.24 (4:30.23)	4:01.85 (4:21.18)	3:54.50 (4:13.20)	3:50.60 (4:09.00)
3,000 Steeplechase	10:45.28	9:40.00	9:25.00	9:07.00
5,000 meters	16:04.37	15:15.00	14:48.00	14:28.00
10,000 meters	34:00.98	32:25.00	31:10.00	30:20.00
4x100 meter relay	ns	44.00	41.90	41.00
4x400 meter relay	ns	3:24.00	3:16.40	3:13.00
High Jump	1.83m	1.93m	2.02m	2.11m
Pole Vault	3.71m	4.40m	4.70m	5.07m
Long Jump	6.11m	6.70m	7.00m	7.30m
Triple Jump	12.14m	13.70m	14.20m	14.85m
Shot Put	12.20m	14.25m	15.45m	17.00m
Discus	35.63m	43.60m	47.00m	51.50m
Javelin	42.94m	54.60m	57.80m	62.50m
Hammer	36.50m	47.50m	52.50m	57.00m
Decathlon	4,000 points	Top 12 entered	6,050 points	6,600 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