



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

	SUNYAC	ECAC	NCAA Provisional	NCAA Automatic
55 meters (60)	8.04 (8.57)	7.54 (8.06)	7.29 (7.85)	7.10 (7.65)
55 meter HH (60 HH)	10.24 (10.81)	9.04 (9.62)	8.53 (9.17)	8.20 (8.82)
200 meters	28.74	26.89	-	-
400 meters	1:06.24	1:00.00	58.64	56.75
500 meters (600)	-	1:21.67 (1:40.87)	-	-
800 meters	2:33.24	2:22.74	2:16.50	2:13.00
1000 meters	-	3:09.08	-	-
Mile	5:45.60	5:16.45	5:05.00	4:55.00
3000 meters	11:45.24	10:51.41	-	-
5000 meters	21:00.24	18:44.18	17:42.00	17:10.00
4x200 meter relay	-	1:50.48	-	-
4x400 meter relay	ns	4:10.48	4:00.00	3:54.00
4x800 meter relay	-	10:11.68	-	-
DMR	ns	13:00.00	12:14.00	11:53.60
High Jump	1.43m	1.58m	1.66m	1.71m
Pole Vault	2.29m	3.20m	3.50m	3.85m
Long Jump	4.70m	5.15m	5.44m	5.70m
Triple Jump	9.45m	10.75m	11.23m	11.80m
Shot Put	9.75m	11.58m	12.90m	14.00m
20# Weight Throw	10.00m	14.05m	15.50m	17.30m
Pentathlon	-	Top 12 entered	3,000 points	3,400 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.