



2010 NCAA DIVISION III WOMEN'S OUTDOOR QUALIFYING STANDARDS

	SUNYAC	ECAC	NCAA Provisional	NCAA Automatic
100 meters	13.99	12.80	12.30	12.00
100 meter HH	17.94	16.34	14.99	14.30
200 meters	27.94	26.30	25.25	24.57
400 meters	1:04.58	1:00.00	57.30	55.70
400 meter IH	1:14.18	1:06.30	1:04.20	1:02.00
800 meters	2:30.38	2:19.50	2:15.00	2:11.00
1500 meters	5:12.82 (5:37.81)	4:48.00 (5:11.02)	4:38.50 (5:00.70)	4:31.00 (4:52.60)
3,000 Steeplechase	13:40.47	12:00.24	11:13.00	10:39.00
5,000 meters	20:05.87	18:45.00	17:35.00	16:55.00
10,000 meters	43:10.41	40:30.00	37:30.00	35:48.00
4x100 meter relay	ns	51.00	48.65	47.15
4x400 meter relay	ns	4:10.00	3:56.60	3:50.10
High Jump	1.45m	1.58m	1.65m	1.71m
Pole Vault	2.46m	3.25m	3.55m	3.86m
Long Jump	4.75m	5.25m	5.55m	5.83m
Triple Jump	9.70m	11.00m	11.36m	12.00m
Shot Put	9.85m	11.60m	12.90m	14.20m
Discus	28.68m	36.25m	41.50m	47.00m
Javelin	25.46m	36.00m	39.00m	44.20m
Hammer	31.61m	43.50m	46.92m	53.00m
Heptathlon	2,800 points	Top 12 entered	4,100 points	4,575 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