

Track & Field

Championship Meet Qualifying Standards

2009

Event	MEN'S STANDARDS						WOMEN'S STANDARDS					
	Northwest Conference		NCAA III Automatic		NCAA III Provisional		Northwest Conference		NCAA III Automatic		NCAA III Provisional	
100m Dash	11.46		10.55		10.78		13.61		12.00		12.30	
200m Dash	23.44		21.31		21.80		27.76		24.57		25.25	
400m Dash	52.03		47.40		48.50		1:03.23		55.90		57.50	
800m Run	2:00.16		1:51.10		1:53.00		2:25.44		2:11.00		2:14.40	
1,500m Run	4:08.51		3:50.60		3:55.00		4:59.92		4:32.50		4:39.00	
Steeplechase	10:40.39		9:08.00		9:23.00		12:50.15		10:44.00		11:13.00	
5,000m Run	15:48.32		14:28.00		14:45.00		19:21.63		16:55.00		17:35.00	
10,000m Run	34:41.14		30:20.00		31:10.00		43:59.02		35:48.00		37:25.00	
110m/100m Hurdles	17.14		14.42		14.90		18.08		14.35		14.95	
400m Hurdles	61.7		52.65		54.30		1:17.38		62.00		64.00	
4 x 100m Relay	1 Team		41.00		41.90		1 Team		47.30		48.65	
4 x 400m Relay	1 Team		3:13.00		3:16.80		1 Team		3:49.60		3:56.60	
High Jump	5-10.75	1.80m	6-11.00	2.11m	6-07.50	2.02m	4-07.75	1.42m	5-07.25	1.71m	5-05.00	1.65m
Pole Vault	12-11.00	3.94m	16-6.50	5.04m	15-05.00	4.70m	8-02.75	2.51m	12-6.25	3.82m	11-05.75	3.50m
Long Jump	20-07.25	6.28m	23-11.00	7.30m	22-11.75	7.00m	15-07.00	4.75m	19-00.50	5.80m	17-11.50	5.47m
Triple Jump	39-11.25	12.17m	48-06.75	14.80m	46-07.25	14.20m	31-07.25	9.63m	39-04.50	12.00m	37-01	11.30m
Shot Put	41-07.25	12.68m	55-09.50	17.00m	50-08.25	15.45m	32-01.00	9.78m	46-7.25	14.20m	42-04	12.90m
Discus Throw	130-05	39.77m	168-11.75	51.50m	154-2.50	47.00m	98-10	30.13m	154-02.50	47.00m	139-05.25	42.50m
Javelin Throw	167-10	51.17m	205-01	62.50m	188-07.75	57.50m	106-09	31.75m	145-0	44.20m	126-03.75	38.50m
Hammer Throw	130-10	39.88m	187-00.25	57.00m	170-07.25	52.00m	103-00	31.40m	172-07	52.60m	152-06.75	46.50m
Decathlon/Heptathlon	None		6,600 pts.		6,050 pts.		None		4,600 pts.		4,100 pts.	