

# 2004 INDOOR TRACK & FIELD QUALIFYING STANDARDS

## MEN

### NYSCTC

### ECAC

### NCAA

#### RUNNING EVENTS:

	<u>AUTOMATIC</u>	<u>MINIMUM</u>	<u>AUTOMATIC</u>	<u>AUTOMATIC</u>	<u>PROVISIONAL</u>
55m	6.65	7.10	6.64	6.33	6.50
(45m)	5.65	6.10	-	-	-
(50m)	6.15	6.60	-	-	-
55m Hurdles	8.25	10.00	8.00	7.50	7.74
(50m Hurdles)	7.45	9.20	-	-	-
200m	23.24	24.44	22.94	-	-
400m	51.54	54.24	50.44	48.50	49.80
500m	1:08.24	1:14.24	1:07.64	-	-
800m	1:58.24	2:06.24	1:57.94	1:52.80	1:55.10
1000m	2:36.24	2:45.24	2:35.94	-	-
1500m	4:05.24	4:20.24	4:04.24	3:52.30	3:57.70
(Mile)	4:24.84	4:41.04	4:23.24	4:10.90	4:16.70
3000m	8:55.24	9:25.24	8:56.24	-	-
5000m	15:35.24	16.45.24	15:30.24	14:33.00	14:55.00
1600m Relay	No Standard	No Standard	3:27.24	3:16.00	3:21.20
3200m Relay	No Standard	No Standard	8:16.24	(Mile) 3:17.20	3:22.40
DMR	No Standard	No Standard	10:37.24	10:01.00	10:14.20
800m Relay	No Standard	No Standard	1:35.24	-	-

#### FIELD EVENTS:

	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>
High Jump	1.90	6' 3"	1.72	5' 8"	1.94	6' 4 1/4"	2.10m	6' 10 3/4"
Long Jump	6.45	21' 2"	5.94	19' 6"	6.55	21' 6"	7.30m	23' 11 1/2"
Triple Jump	12.95	42' 6"	11.58	38' 0"	13.26	43' 6"	14.94m	49' 0 1/4"
Pole Vault	3.96	13' 0"	3.65	12' 0"	4.25	13' 11 1/4"	5.07m	16' 7 1/2"
Shot Put	13.41	44' 0"	11.58	38' 0"	14.35	47' 1"	17.11m	56' 1 3/4"
35lb Weight	14.02	46' 0"	10.97	36' 0"	15.01	49' 3"	18.50m	60' 8 1/2"
Pentathlon	No Standard		2400 points		2900 pts		-	-

# 2004 INDOOR TRACK & FIELD QUALIFYING STANDARDS WOMEN

NYSCTC

ECAC

NCAA

## RUNNING EVENTS:

	<u>Automatic</u>	<u>Minimum</u>		<u>Automatic</u>	<u>Provisional</u>
55m	7.55	8.50	7.38	7.12	7.33
(45m)	6.55	7.50	-	-	-
(50m)	7.06	8.01	-	-	-
55m Hurdles	9.00	11.00	9.00	8.20	8.65
(50m Hurdles)	8.20	10.20	-	-	-
200m	27.24	29.44	26.94	-	-
400m	1:00.54	1:09.24	1:00.24	56.70	58.90
500m	1:21.24	1:30.24	1:23.54	-	-
800m	2:21.24	2:35.24	2:20.24	2:14.00	2:18.50
1000m	3:05.24	3:33.24	3:10.24	-	-
1500m	4:55.24	5:30.24	4:52.54	4:34.00	4:45.00
(Mile)	5:18.84	5:56.64	5:14.44	4:55.90	5:07.80
3000m	10:45.24	12:00.24	10:47.24	-	-
5000m	19:00.24	22:04.24	18:48.24	17:10.00	17:55.00
800m Relay	No Standard	No Standard	1:52.24	-	-
1600m Relay	No Standard	No Standard	4:08.24	3:53.80	4:01.00
3200m Relay	No Standard	No Standard	10:08.24	-	-
DMR	No Standard	No Standard	13:10.24	11:53.80	12:20.00

## FIELD EVENTS:

	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>
High Jump	1.52	5'0"	1.37m	4' 6"	1.57m	5' 1 3/4"	1.72m	5' 7 3/4"	1.63m	5' 4 1/4"
Long Jump	5.10	16' 9"	4.57m	15' 0"	5.08m	16' 8"	5.81m	19' 0 3/4"	5.40m	17' 8 3/4"
Triple Jump	10.51	34' 6"	9.14m	30' 0"	10.67m	35' 0 1/4"	12.08m	39' 7 3/4"	11.15m	36' 7"
Pole Vault	2.74	9' 0"	2.43m	8' 0"	3.05m	10' 0"	3.71m	12' 2"	3.22m	10' 6 3/4"
Shot Put	10.97	36'0"	9.44m	31' 0"	11.81m	38' 9"	14.25m	46' 9"	12.70m	41' 8"
20lb Weight	12.49	41' 0"	9.14m	30' 0"	13.74m	45' 1"	17.36m	56' 11 1/2"	14.60m	47' 10 3/4"
Pentathlon	No Standard		2000 points		2400 pts		-		-	

# 2004 OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

## MEN

NESCAC	NYSCTC Standards (FAT)	Minimum Standards (FAT)	NCAA Automatic (FAT)	Provisional (FAT)
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### RUNNING EVENTS

100m	11.84	11.34	12.00	10.53	10.81
200m	23.54	22.94	23.94	21.25	21.80
400m	53.54	51.24	53.44	47.50	48.50
800m	2:02.24	1:58.24	2:02.24	1:51.30	1:53.60
1500m	4:20.24	4:04.24	4:15.24	3:50.60	3:56.00
(Mile)		4:23.74	4:35.64	4:09.00	4:14.90
3000m Steeple	10:55.24	10:00.24	10:59.24	9:06.40	9:23.50
5000m	16:30.24	15:40.24	16:45.24	14:26.00	14:50.00
10000m	35:45.24	33:45.24	36:00.24	30:24.00	31:20.00
110m HH	17.54	16.20	19.24	14.40	14.90
400IH	1:02.24	58.24	1:04.24	52.20	54.00
400m Relay		No Standard	No Standard	41.10	42.00
1600m Relay		No Standard	No Standard	3:13.70	3:17.50
3200m Relay		No Standard	No Standard	-	-

### FIELD EVENTS

	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>
High Jump	1.73	5' 8"	1.90	6' 3"	1.72	5' 8"	2.12m	6' 11 ½"	2.01m	6' 7"
Long Jump	5.64	18' 6"	6.45	21' 2"	5.99	19' 8"	7.28m	23' 10 ¾"	6.90m	22' 7 ¾"
Triple Jump	11.89	39' 0"	13.25	43' 6"	11.58	38' 0"	14.90m	48' 10 ¾"	14.10m	46' 3 ¼"
Pole Vault	3.36	11' 0"	4.11	13' 6"	3.65	12' 0"	5.03m	16' 6"	4.63m	15' 2 ¼"
Shot Put	11.58	38' 0"	13.71	45' 0"	11.27	37' 0"	17.11m	56' 1 ¾"	15.45m	50' 8 ¼"
Hammer	36.58	120' 0"	43.58	144' 0"	30.48	100' 0"	57.55m	188' 9"	50.60m	166' 0"
Discus	33.52	110' 0"	39.62	130' 0"	32.61	107' 0"	53.21m	174' 6"	47.47m	155' 8"
Javelin	41.14	135' 0"	46.94	154' 0"	40.00	131' 3"	63.40m	208' 0"	57.40m	188' 4"
Decathlon			No Standard		4,400 points		6,550 points		6,000 points	

# 2004 OUTDOOR TRACK & FIELD QUALIFYING STANDARDS WOMEN

## NESCAC

## NYSCTC

## NCAA

### RUNNING EVENTS

		<u>Automatic</u>	<u>Minimum</u>	<u>Automatic</u>	<u>Provisional</u>
100m	14.04	13.00	15.00	11.95	12.34
200m	29.34	26.64	28.94	24.48	25.34
400m	65.74	1:00.24	1:06.24	55.70	57.60
800m	2:30.24	2:20.24	2:32.24	2:12.00	2:15.90
1500m	5:15.24	4:52.24	5:18.24	4:34.00	4:42.00
(Mile)		5:15.64	5:43.74	4:55.90	5:04.50
3000m Steeple	13:30.24	12:00.24	13:15.24	10:44.00	11:23.00
5000m	20:15.24	18:45.24	22:00.24	17:00.00	17:48.00
10000m	44:30.24	41:30.24	45:00.24	36:00.00	37:50.00
100m HH	17.84	16.80	20.00	14.43	15.10
400m H	76.24	1:10.24	1:20.24	1:01.90	1:04.30
400m Relay	NS	No Standard		47.30	49.10
1600m Relay	NS	No Standard		3:49.20	3:58.00
3200m Relay	NS	No Standard		-	-

### FIELD EVENTS

		<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>	<u>Metric</u>	<u>Imperial</u>
High Jump	4'8"	1.52m	5' 0"	1.37m	4' 6"	1.73m	5' 8"	1.64m	5'4 1/2"
Long Jump	15'	5.05m	16' 7"	4.57m	15' 0"	5.80m	19' 0 1/2"	5.50m	18' 0 1/2"
Triple Jump	31'	10.21m	33' 6"	9.14m	30' 0"	12.10m	39' 8 1/2"	11.25m	36' 11"
Pole Vault	7'6"	2.74m	9' 0"	2.43m	8' 0"	3.76m	12' 4"	3.30m	10' 10"
Shot Put	31'	10.66m	35' 0"	9.14m	30' 0"	14.28m	46' 10 1/4"	12.86m	42' 2 1/4"
Hammer	110'	37.00m	121' 5"	27.43m	90' 0"	52.40m	171' 11"	45.70m	149' 11"
Discus	95'	32.00m	105' 0"	27.43m	90' 0"	46.50m	152' 7"	41.50m	136' 2"
Javelin	85'	27.43m	90' 0"	21.94	72' 0"	43.40m	142' 5"	38.50m	126' 4"
Heptathlon	--	No Standard		2600pts		4,560 pts		4,100 pts	