

# Men's NCAA Qualifying Marks

## Men's Indoor Track & Field Qualifying Standards

(SEA LEVEL)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
<b>55 Meters</b>	6.16@	-	6.26@	-
<b>60 Meters</b>	6.62@	-	6.72@	-
<b>55-Meter Hurdles</b>	7.23@	-	7.39@	-
<b>60-Meter Hurdles</b>	7.74@	-	7.95@	-
<b>200 Meters</b>				
(Under 200m/220 yds)*	21.25	-	21.65	-
(200m/220 yds)*	21.10	-	21.50	-
(Banked or Over 200m/220 yds)*	20.85	-	21.25	-
<b>400 Meters</b>				
(Under 200m/220 yds)*	46.97	46.7	47.95	47.7
(200m/220 yds)*	46.72	46.4	47.65	47.4
(Banked or Over 200m/220 yds)*	46.32	46.0	47.25	47.0
<b>800 Meters</b>				
(200m/220 yds or less)*	1:48.90	1:48.6	1:50.80	1:50.5
(Banked or Over 200m/220 yds)*	1:48.30	1:48.0	1:50.20	1:49.9
<b>Mile#</b>				
(200m/220 yds or less)*	4:01.20	4:00.9	4:05.70	4:05.4
(Banked or Over 200m/220 yds)*	4:00.40	4:00.1	4:04.90	4:04.6
<b>3,000 Meters#</b>				
(200m/220 yds or less)*	7:58.40	7:58.1	8:09.30	8:09.0
(Banked or Over 200m/220 yds)*	7:57.10	7:56.8	8:08.00	8:07.7
<b>5,000 Meters#</b>				
(200m/220 yds or less)*	14:00.00	13:59.7	14:16.85	14:16.6
(Banked or Over 200m/220 yds)*	13:58.15	13:57.9	14:15.00	14:14.7
<b>1,600-Meter Relay</b>				
(Under 200m/220 yds)*	3:10.00	3:09.7	3:13.50	3:13.2
(200m/220 yds)*	3:08.50	3:08.2	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.90	3:06.6	3:10.40	3:10.1
<b>Mile Relay</b>				
(Under 200m/220 yds)*	3:11.20	3:10.9	3:14.70	3:14.4
(200m/220 yds)*	3:09.70	3:09.4	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:08.10	3:07.8	3:11.60	3:11.3
<b>Distance Medley Relay-Meters#</b>				
(200m/220 yds or less)*	9:38.25	9:37.9	9:48.00	9:47.7
(Banked or Over 200m/220 yds)*	9:36.00	9:35.7	9:45.75	9:45.5
<b>Distance Medley Relay-Yards#</b>				
(200 m/220 yds or less)*	9:41.75	9:41.4	9:51.50	9:51.2
(Banked or Over 200 m/220 yds)*	9:39.50	9:39.2	9:49.25	9:49.0

@Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump .....	2.25	2.16
Pole Vault .....	5.50	5.30
Long Jump .....	7.85	7.55
Triple Jump .....	16.20	15.60
Shot Put .....	19.50	17.75
35-Pound Weight .....	21.35	19.50

\*Size of track.

#Altitude adjustment available.

## Men's Outdoor Track & Field Regional Qualifying Standards

(SEA LEVEL)

EVENTS	FAT	MT	ALTITUDE
			ADJUSTMENTS
			3k-5,999/6k+
<b>100 Meters</b>	10.50	—	+0.03/+0.06
<b>200 Meters</b>	21.20	—	+0.7/+1.2
<b>400 Meters</b>	47.45	47.2	+1.1/+2.21
<b>800 Meters</b>	1:51.15	1:50.9	
<b>1,500 Meters#</b>	3:50.00	3:49.7	
<b>Mile Run#</b>	4:08.40	4:08.1	
<b>3,000-Meter Steeplechase</b>	9:12.00	9:11.7	
<b>5,000 Meters#</b>	14:25.00	14:24.7	
<b>110-Meter Hurdles</b>	14.40	—	+0.04/+0.08
<b>400-Meter Hurdles</b>	52.70	52.4	+1.1/+2.21
<b>400-Meter Relay</b>	40.70	40.4	+1.12/+2.24
<b>440-Yard Relay</b>	40.90	40.6	+1.12/+2.24
<b>1,600-Meter Relay</b>	3:11.50	3:11.2	+1.44/+2.84
<b>Mile Relay</b>	3:12.70	3:12.4	+1.44/+2.84

## METRIC

High Jump .....	2.07
Pole Vault .....	4.90
Long Jump .....	7.32
Triple Jump .....	14.94
Shot Put .....	16.30
Discus .....	50.30
Javelin .....	60.50
Hammer .....	54.56

## Men's Outdoor Track & Field Multi-Events/10K Qualifying Standards

(SEA LEVEL)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 Meters#	29:00.00	28:59.70	29:40.00	29:44.70
Decathlon	7,500 points		7,000 points	

#Altitude adjustment available.

**NCAA®**  
2003 DIVISION I  
MEN'S & WOMEN'S



UNIVERSITY OF ARKANSAS

# Women's NCAA Qualifying Marks

## Women's Indoor Track & Field Qualifying Standards

(SEA LEVEL)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
<b>55 Meters</b>	6.80@	-	6.94@	-
<b>60 Meters</b>	7.30@	-	7.44@	-
<b>55-Meter Hurdles</b>	7.64@	-	7.90@	-
<b>60-Meter Hurdles</b>	8.17@	-	8.43@	-
<b>200 Meters</b>				
(Under 200m/220 yds)*	23.90	-	24.40	-
(200m/220 yds)*	23.70	-	24.20	-
(Banked or Over 200m/220 yds)*	23.50	-	24.00	-
<b>400 Meters</b>				
(Under 200m/220 yds)*	54.10	53.8	55.10	54.8
(200m/220 yds)*	53.80	53.5	54.80	54.5
(Banked or Over 200m/220 yds)*	53.50	53.2	54.50	54.2
<b>800 Meters</b>				
(200m/220 yds or less)*	2:06.60	2:06.3	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:06.20	2:05.9	2:09.00	2:08.7
<b>Mile#</b>				
(200m/220 yds or less)*	4:43.20	4:42.9	4:49.00	4:48.7
(Banked or Over 200m/220 yds)*	4:42.60	4:42.3	4:48.40	4:48.1
<b>3,000 Meters#</b>				
(200m/220 yds or less)*	9:20.80	9:20.5	9:35.80	9:35.5
(Banked or Over 200m/220 yds)*	9:20.00	9:19.7	9:35.00	9:34.7
<b>5,000 Meters#</b>				
(200m/220 yds or less)*	16:21.55	16:21.3	16:46.55	16:46.3
(Banked or Over 200m/220 yds)*	16:20.00	16:19.7	16:45.00	16:44.7
<b>1,600-Meter Relay</b>				
(Under 200m/220 yds)*	3:39.00	3:38.7	3:43.20	3:42.9
(200m/220 yds)*	3:37.00	3:36.7	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:35.80	3:35.5	3:40.00	3:39.7
<b>Mile Relay</b>				
(Under 200m/220 yds)*	3:40.25	3:40.0	3:44.45	3:44.2
(200m/220 yds)*	3:38.25	3:38.0	3:42.45	3:42.2
(Banked or Over 200m/220 yds)*	3:37.05	3:36.8	3:41.25	3:41.0
<b>Distance Medley Relay-Meters#</b>				
(200m/220 yds or less)*	11:21.00	11:20.7	11:38.00	11:37.7
(Banked or Over 200m/220 yds)*	11:19.00	11:18.7	11:36.00	11:35.7
<b>Distance Medley Relay-Yards#</b>				
(200m/220 yds or less)*	11:25.20	11:24.9	11:42.20	11:41.9
(Banked or Over 200m/220 yds)*	11:23.20	11:22.9	11:40.20	11:39.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump .....	1.84	1.77
Pole Vault .....	4.20	3.90
Long Jump .....	6.40	6.20
Triple Jump .....	13.15	12.65
Shot Put .....	16.40	15.20
20-Pound Weight .....	19.80	18.50

\*Size of track.

#Altitude adjustment available.

## Women's Outdoor Track & Field Regional Qualifying Standards

(SEA LEVEL)

EVENTS	FAT	MT	ALTITUDE
			ADJUSTMENTS
			<b>3k-5,999/6k+</b>
<b>100 Meters</b>	11.80	—	+ .03/+ .07
<b>200 Meters</b>	24.00	—	+ 0.7/+ 1.4
<b>400 Meters</b>	55.00	54.70	+ .11/+ .21
<b>800 Meters</b>	2:10.30	2:10.00	
<b>1,500 Meters#</b>	4:31.00	4:30.70	
<b>Mile Run#</b>	4:52.68	4:52.40	
<b>3,000-Meter Steeplechase</b> (10-foot pit)	10:50.00	10:49.70	
<b>3,000-Meter Steeplechase</b> (12-foot pit)	11:00.00	10:59.70	
<b>5,000 Meters#</b>	17:00.00	16:59.70	
<b>100-Meter Hurdles</b>	14.10	—	+ .04/+ .08
<b>400-Meter Hurdles</b>	1:01.50	1:01.20	+ .11/+ .21
<b>400-Meter Relay</b>	46.20	45.90	+ .12/+ .28
<b>440-Yard Relay</b>	46.40	46.10	+ .12/+ .28
<b>1,600-Meter Relay</b>	3:45.50	3:45.20	+ .44/+ .84
<b>Mile Relay</b>	3:46.70	3:46.40	+ .44/+ .84

## METRIC

High Jump .....	1.70
Pole Vault .....	3.66
Long Jump .....	5.90
Triple Jump .....	12.19
Shot Put .....	13.90
Discus .....	45.72
Javelin .....	41.48
Hammer .....	51.30

## Women's Outdoor Track & Field Multi-Events/10K Qualifying Standards

(SEA LEVEL)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 Meters#	34:10.00	34:09.70	35:15.00	35:14.70
Heptathlon	5,500 points		5,000 points	

#Altitude adjustment available.



# A World-Class Program



## CALIFORNIA (2)

Dave Guerra ..... Vallejo  
 Laura Melendez ..... Livermore

## COLORADO (3)

Natalie Hughes ..... Grand Junction  
 Sydney Mondragon ..... Pueblo  
 Sara Swanson ..... Lakewood

## CONNECTICUT (1)

Allison Lind ..... Woodbury

## ENGLAND (1)

Vicki Gill ..... Lancshire

## FLORIDA (83)

Nathan Adams ..... Longwood  
 Anna Alain ..... Tampa  
 Shawn Allen ..... Orlando  
 Ricky Argro ..... Orlando  
 Jeff Atkinson ..... Coral Springs  
 Derrick Baker ..... Miami  
 Andrew Bantel ..... Ocala  
 Josh Bowling ..... Tallahassee  
 Sharneka Brown ..... St. Petersburg  
 Sean Campbell ..... Orlando  
 Tamara Campbell ..... Orlando  
 Matt Case ..... Palm Bay  
 Sam Case ..... Palm Bay  
 Jenny Chang ..... Jacksonville  
 Bruce Chapman ..... Spring Hill  
 Kristen Colton ..... Jacksonville  
 Kevin Cook ..... Fern Park  
 Robert Cooper ..... Lake City  
 Carrie Crandall ..... Jacksonville  
 Rafeeq Curry ..... Miami  
 Denise Daniels ..... Deerfield  
 Phillip Daniels ..... Jasper  
 Nate Davis ..... Largo  
 Abbie Day ..... Winter Park  
 Andy Diakos ..... Naples  
 Steve Dibari ..... Palm City

Chelsea Downs ..... Ormond Beach  
 Deja Dupre' ..... Clearwater  
 Anthony Egger ..... Tallahassee  
 Brianne Farrar ..... Naples  
 Tracy Fiedlander ..... Miami  
 Patrick Gerberich ..... Clermont  
 Jennifer Gomez ..... Miami  
 Duane Griffiths ..... Margate  
 Sara Guiffre ..... Jacksonville  
 Misty Harper ..... Seminole  
 Mark Hawkins ..... Tampa  
 Brian Holley ..... Jacksonville  
 Janet Howard ..... Clearwater  
 Matt Hurley ..... Tallahassee  
 Bernadine Innocent ..... Deerfield  
 Marla Jackson ..... Jacksonville  
 Marlisha Jackson ..... Jacksonville  
 Katie Janson ..... Oviedo  
 Lacey Janson ..... Sarasota  
 Garrett Johnson ..... Tampa  
 Marqus Johnson ..... Tampa  
 Diana Klimiewicz ..... Boca Raton  
 Ricky Kohly ..... Miami  
 Nicole Lefebvre ..... Ormond Beach  
 Mari Leitner ..... Pensacola  
 Rachel Marsh ..... Kissimmee  
 Tony Martin ..... Sanford  
 Craig McClure ..... Tallahassee  
 Teresa Miller ..... Daytona Beach  
 Nabavi Oliver ..... Jacksonville  
 Elizabeth Ottey ..... Holly Hill  
 Shawn Patterson ..... Valparaiso  
 Jacob Peacock ..... Pensacola  
 Keisha Pestano ..... Lehigh Acres  
 Chris Potter ..... Port St. Lucie  
 Peter Prato ..... Ft. Lauderdale  
 Gina Riano ..... Miami Shores  
 Aneva Robinson ..... Lakeland  
 Cedrick Robinson ..... Jacksonville  
 Meghan Rogers ..... Wellington  
 Dan Royal ..... Fort Meyers  
 Kevin Scheurman ..... Palm City

Elaine Skistak ..... Gulf Breeze  
 Jared Sweetser ..... Sarasota  
 Craphonso Thorpe ..... Tallahassee  
 Tristan Tully ..... Clearwater  
 Hannatu Tunga-Lergo ..... Gainesville  
 Jim Van Veen ..... Satellite Beach  
 Patricia Vasquez-Bello ..... Miami  
 Gary Visser ..... Orlando  
 Danielle Walker ..... Port Orange  
 Brooks Weber ..... Clermont  
 Stephanie Welcher ..... Bradenton  
 Cathleen Willy ..... Flanagan  
 A.J. Wilson ..... Pensacola  
 Jocytlen Worrell ..... Vero Beach  
 Autumn Yauchunis ..... Dade City

## GEORGIA (7)

Kimberly Adams ..... Stone Mountain  
 David Johnson ..... Tifton  
 Amanda Kinney ..... Lawrenceville  
 Deanna Lane ..... Marietta  
 LaToya Legree ..... Lithonia  
 LaKendra McCollum ..... Lithonia  
 Evelyn Niako ..... Stone Mountain

## ILLINOIS (2)

Nathan Timm ..... Marion  
 Courtney Wright ..... Bartonville, IL

## INDIANA (1)

Anne Clinton ..... Richmond

## IOWA (1)

Kolby Jones ..... West Des Moines

## KANSAS (1)

Suzanne Shepherd ..... Ellis

## MICHIGAN (2)

Makiba Batten ..... Detroit  
 Emily Yambasky ..... Livonia

## NEW JERSEY (3)

Danyne Brown ..... Camden

Ann Schreiber ..... Little Silver  
 Dorian Scott ..... Springfield

## THE NETHERLANDS (2)

Joep Tigchelaar ..... Marcharen  
 Maarten van den Heuvel ..... Warnsveld

## NEW YORK (2)

Shauna Quinn ..... Hempstead  
 Giscard Titus ..... New York

## NORTH CAROLINA (1)

Kimberly Jones ..... Greensboro

## NORWAY (1)

Lars Tvetter ..... Oslo

## OKLAHOMA (1)

Amanda Jordan ..... Oklahoma City

## PENNSYLVANIA (2)

A.J. Hoy ..... Lewiston  
 Joe Paiva ..... Levittown

## RHODE ISLAND (1)

Nicole Renzulli ..... Cranston

## SOUTH CAROLINA (1)

Cerron Cohen ..... Aiken

## SWITZERLAND (1)

Laura Gerber ..... Mies

## TEXAS (1)

B.J. Ward ..... Dallas

## TRINIDAD & TOBAGO (1)

Kimberly Walker ..... Port of Spain

## WASHINGTON (1)

Cerenity Young ..... Woodenville

## ZIMBABWE (1)

Brian Dizingia ..... Harare