

men's qualifying marks

MEN'S INDOOR TRACK & FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.15@	-	6.25@	-
60 Meters	6.62@	-	6.72@	-
55-Meter Hurdles	7.18@	-	7.39@	-
60-Meter Hurdles	7.70@	-	7.95@	-
200 Meters				
(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	-
400 Meters				
(Under 200m/220 yds)*	46.80	46.5	47.95	47.7
(200m/220 yds)*	46.55	46.3	47.65	47.4
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters				
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
Mile#				
(200m/220 yds or less)*	4:00.10	3:59.8	4:05.70	4:05.4
(Banked or Over 200m/220 yds)*	3:59.30	3:59.0	4:04.90	4:04.6
3,000 Meters#				
(200m/220 yds or less)*	7:57.30	7:57.0	8:09.30	8:09.0
(Banked or Over 200m/220 yds)*	7:56.00	7:55.7	8:08.00	8:07.7
5,000 Meters#				
(200m/220 yds or less)*	13:54.95	13:54.7	14:16.85	14:16.6
(Banked or Over 200m/220 yds)*	13:53.10	13:52.8	14:15.00	14:14.7
1,600-Meter Relay				
(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
Mile Relay				
(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
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	9:37.25	9:36.9	9:48.00	9:47.7
(Banked or Over 200m/220 yds)*	9:35.00	9:34.7	9:45.75	9:45.5
Distance Medley Relay-Yards#				
(200 m/220 yds or less)*	9:40.75	9:40.4	9:51.50	9:51.2
(Banked or Over 200 m/220 yds)*	9:38.50	9:38.2	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	2.23
Pole Vault	5.50
Long Jump	7.85
Triple Jump	16.30
Shot Put	19.50
35-Pound Weight	21.35

*Size of track. #Altitude adjustment available.

MEN'S OUTDOOR TRACK & FIELD REGIONAL QUALIFYING STANDARDS

(SEA LEVEL)

Events	AUTOMATIC		ALTITUDE ADJUSTMENTS 3k-5,999/6k+
	FAT	MT	
100 Meters	10.50	—	+0.03/+0.06
200 Meters	21.19	—	+0.7/+1.2
400 Meters	47.26	47.0	+1.1/+2.1
800 Meters	1:50.62	1:50.3	
1,500 Meters#	3:48.21	3:47.9	
Mile Run#	4:06.61	4:06.3	
3,000-Meter Steeplechase	9:08.15	9:07.9	
5,000 Meters#	14:18.58	14:18.3	
110-Meter Hurdles	14.33	—	+0.04/+0.08
400-Meter Hurdles	52.51	52.2	+1.1/+2.1
400-Meter Relay	40.66	40.4	+1.12/+2.4
440-Yard Relay	40.86	40.6	+1.12/+2.4
1,600-Meter Relay	3:10.84	3:10.6	+1.44/+2.84
Mile Relay	3:12.04	3:11.9	+1.44/+2.84
			METRIC
High Jump			2.10
Pole Vault			5.00
Long Jump			7.34
Triple Jump			15.08
Shot Put			16.47
Discus			51.37
Javelin			61.62
Hammer			55.6

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	29:45.00	29:44.70
Decathlon	7,500 points		7,000 points	

#Altitude adjustment available.

women's qualifying marks

WOMEN'S INDOOR TRACK & FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.79@	-	6.93@	-
60 Meters	7.30@	-	7.44@	-
55-Meter Hurdles	7.61@	-	7.87@	-
60-Meter Hurdles	8.15@	-	8.43@	-
200 Meters				
(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	-
400 Meters				
(Under 200m/220 yds)*	53.50	53.2	55.10	54.8
(200m/220 yds)*	53.20	52.9	54.80	54.5
(Banked or Over 200m/220 yds)*	52.90	52.6	54.50	54.2
800 Meters				
(200m/220 yds or less)*	2:06.05	2:05.8	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.65	2:05.4	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:39.10	4:38.8	4:49.00	4:48.7
(Banked or Over 200m/220 yds)*	4:38.50	4:38.2	4:48.40	4:48.1
3,000 Meters#				
(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked or Over 200m/220 yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 Meters#				
(200m/220 yds or less)*	16:16.55	16:16.3	16:46.55	16:46.3
(Banked or Over 200m/220 yds)*	16:15.00	16:14.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:37.70	3:37.4	3:43.20	3:42.9
(200m/220 yds)*	3:35.70	3:35.4	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:34.50	3:34.2	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:38.90	3:38.6	3:44.45	3:44.2
(200m/220 yds)*	3:36.90	3:36.6	3:42.45	3:42.2
(Banked or Over 200m/220 yds)*	3:35.70	3:35.4	3:41.25	3:41.0
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	11:17.00	11:16.7	11:38.00	11:37.7
(Banked or Over 200m/220 yds)*	11:15.00	11:14.7	11:36.00	11:35.7
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	11:20.50	11:20.2	11:42.20	11:41.9
(Banked or Over 200m/220 yds)*	11:18.50	11:18.2	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	1.78
Pole Vault	4.20	3.95
Long Jump	6.40	6.20
Triple Jump	13.30	12.65
Shot Put	16.50	15.20
20-Pound Weight	19.90	18.50

*Size of track. #Altitude adjustment available

WOMEN'S OUTDOOR TRACK & FIELD REGIONAL QUALIFYING STANDARDS

(SEA LEVEL)

Events	AUTOMATIC		ALTITUDE ADJUSTMENTS 3k-5,999/6k+
	FAT	MT	
100m	11.75	--	+03/+07
200m	23.96	--	+07/+14
400m	54.61	54.3	+11/+21
800m#	2:09.80	2:09.5	
1,500m#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3000m Steeplechase#	10:52.50	10:52.2	
5000m#	16:52.00	16:51.7	
10,000m# - Automatic	34:10.00	34:09.7	
10,000m# - Provisional	35:15.00	35:14.7	
100m hurdles	13.95	--	+04/+08
400m hurdles	1:00.82	1:00.5	+11/+21
400m-relay	45.80	45.5	+12/+28
440yd relay	46.00	45.7	+12/+28
1600m relay	3:42.00	3:41.7	+44/+84
1600yd relay	3:43.20	3:42.9	+44/+84
			METRIC
High Jump			1.75
Pole Vault			3.80
Long Jump			5.95
Triple Jump			12.26
Shot Put			14.30
Discus			47.30
Javelin			43.15
Hammer			54.15

WOMEN'S OUTDOOR TRACK & FIELD MULTI-EVENTS/10K QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
Heptathlon - Automatic	5,500			
Heptathlon - Provisional	5,000			

#Altitude adjustment available.