

# Men's NCAA Qualifying Marks

## 2004 Track & Field



### 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

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

(SEA LEVEL)

EVENTS	FAT	MT	ALTITUDE
			ADJUSTMENTS
100 Meters	10.50	—	3k-5,999/6k+ +0.03/+0.06
200 Meters	21.19	—	+0.7/+1.2
400 Meters	47.26	47.0	+0.11/+0.21
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	+0.11/+0.21
400-Meter Relay	40.66	40.4	+0.12/+0.24
440-Yard Relay	40.86	40.6	+0.12/+0.24
1,600-Meter Relay	3:10.84	3:10.6	+0.44/+0.84
Mile Relay	3:12.04	3:11.9	+0.44/+0.84

### 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	55.63

### 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.

@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	2.17
Pole Vault	5.50	5.30
Long Jump	7.85	7.55
Triple Jump	16.30	15.60
Shot Put	19.50	17.75
35-Pound Weight	21.35	19.50

\*Size of track.

#Altitude adjustment available.



# Women's NCAA Qualifying Marks



## 2004 Track & Field

### 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

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

(SEA LEVEL)

EVENTS	AUTOMATIC		ALTITUDE ADJUSTMENTS
	FAT	MT	
100 Meters	11.78	—	3k-5,999/6k+ +.03/+ .07
200 Meters	23.96	—	+0.7/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters	2:10.29	2:10.00	
1,500 Meters#	4:29.12	4:28.80	
Mile Run#	4:50.80	4:50.50	
3,000-Meter Steeplechase (10-foot pit)	10:57.18	10:56.90	
3,000-Meter Steeplechase (12-foot pit)	11:00.00	10:59.70	
5,000 Meters#	16:56.43	16:56.10	
100-Meter Hurdles	13.95	—	+ .04/+ .08
400-Meter Hurdles	1:01.82	1:00.5	+ .11/+ .21
400-Meter Relay	45.80	45.5	+ .12/+ .28
440-Yard Relay	46.00	45.7	+ .12/+ .28
1,600-Meter Relay	3:43.03	3:42.7	+ .44/+ .84
Mile Relay	3:44.23	3:43.9	+ .44/+ .84

### METRIC

High Jump	1.73
Pole Vault	3.75
Long Jump	5.93
Triple Jump	12.26
Shot Put	14.24
Discus	46.58
Javelin	42.61
Hammer	52.84

### 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.

@ 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.

