

2007 NCAA DIVISION I MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

| Event | AUTOMATIC | | PROVISIONAL | |
|---------------------------------|-----------|---------|-------------|---------|
| | FAT | MT | FAT | MT |
| 55 Meters | 6.14@ | — | 6.26@ | — |
| 60 Meters | 6.62@ | — | 6.74@ | — |
| 55-Meter Hurdles | 7.17@ | — | 7.38@ | — |
| 60-Meter Hurdles | 7.70@ | — | 7.91@ | — |
| 200 Meters | | | | |
| (Under 200m/220 yds)* | 21.33 | — | 21.73 | — |
| (200m/220 yds)* | 21.08 | — | 21.48 | — |
| (Banked or Over 200m/220 yds)* | 20.83 | — | 21.23 | — |
| 400 Meters | | | | |
| (Under 200m/220 yds)* | 46.85 | 46.6 | 48.05 | 47.8 |
| (200m/220 yds)* | 46.45 | 46.2 | 47.65 | 47.4 |
| (Banked or Over 200m/220 yds)* | 46.05 | 45.8 | 47.25 | 47.0 |
| 800 Meters# | | | | |
| (200m/220 yds or less)* | 1:48.40 | 1:48.1 | 1:50.50 | 1:50.2 |
| (Banked or Over 200m/220 yds)* | 1:47.80 | 1:47.5 | 1:49.90 | 1:49.6 |
| Mile# | | | | |
| (200m/220 yds or less)* | 3:59.80 | 3:59.5 | 4:04.80 | 4:04.5 |
| (Banked or Over 200m/220 yds)* | 3:59.00 | 3:58.7 | 4:04.00 | 4:03.7 |
| 3,000 Meters# | | | | |
| (200m/220 yds or less)* | 7:55.30 | 7:55.0 | 8:06.30 | 8:06.0 |
| (Banked or Over 200m/220 yds)* | 7:54.00 | 7:53.7 | 8:05.00 | 8:04.7 |
| 5,000 Meters# | | | | |
| (200m/220 yds or less)* | 13:49.90 | 13:49.6 | 14:11.90 | 14:11.6 |
| (Banked or Over 200m/220 yds)* | 13:48.00 | 13:47.7 | 14:10.00 | 14:09.7 |
| 1,600-Meter Relay | | | | |
| (Under 200m/220 yds)* | 3:09.70 | 3:09.4 | 3:13.60 | 3:13.3 |
| (200m/220 yds)* | 3:08.10 | 3:07.8 | 3:12.00 | 3:11.7 |
| (Banked or Over 200m/220 yds)* | 3:06.50 | 3:06.2 | 3:10.40 | 3:10.1 |
| Mile Relay | | | | |
| (Under 200m/220 yds)* | 3:10.90 | 3:10.6 | 3:14.80 | 3:14.5 |
| (200m/220 yds)* | 3:09.30 | 3:09.0 | 3:13.20 | 3:12.9 |
| (Banked or Over 200m/220 yds)* | 3:07.70 | 3:07.4 | 3:11.60 | 3:11.3 |
| Distance Medley Relay—Meters# | | | | |
| (200m/220 yds or less)* | 9:36.20 | 9:35.9 | 9:47.90 | 9:47.6 |
| (Banked or Over 200m/220 yds)* | 9:34.00 | 9:33.7 | 9:45.70 | 9:45.4 |
| Distance Medley Relay—Yards# | | | | |
| (200 m/220 yds or less)* | 9:39.70 | 9:39.4 | 9:51.40 | 9:51.1 |
| (Banked or Over 200 m/220 yds)* | 9:37.50 | 9:37.2 | 9:49.20 | 9:48.9 |

@ 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 | 2.24 | 2.16 |
| Pole Vault | 5.50 | 5.20 |
| Long Jump | 7.85 | 7.50 |
| Triple Jump | 16.10 | 15.40 |
| Shot Put | 19.30 | 17.75 |
| 35-Pound Weight | 21.50 | 19.50 |
| Heptathlon | 5,650 points | 5,300 points |

*—Size of track.

#—Altitude adjustment available.

NCAA/8/28/2006/MAB

2007 NCAA DIVISION I WOMEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

| Event | AUTOMATIC | | PROVISIONAL | |
|--------------------------------|-----------|---------|-------------|---------|
| | FAT | MT | FAT | MT |
| 55 Meters | 6.75@ | — | 6.92@ | — |
| 60 Meters | 7.27@ | — | 7.44@ | — |
| 55-Meter Hurdles | 7.58@ | — | 7.86@ | — |
| 60-Meter Hurdles | 8.15@ | — | 8.43@ | — |
| 200 Meters | | | | |
| (Under 200m/220 yds)* | 23.70 | — | 24.30 | — |
| (200m/220 yds)* | 23.50 | — | 24.10 | — |
| (Banked or Over 200m/220 yds)* | 23.30 | — | 23.90 | — |
| 400 Meters | | | | |
| (Under 200m/220 yds)* | 53.00 | 52.7 | 55.00 | 54.7 |
| (200m/220 yds)* | 52.70 | 52.4 | 54.70 | 54.4 |
| (Banked or Over 200m/220 yds)* | 52.40 | 52.1 | 54.40 | 54.1 |
| 800 Meters# | | | | |
| (200m/220 yds or less)* | 2:05.60 | 2:05.3 | 2:09.40 | 2:09.1 |
| (Banked or Over 200m/220 yds)* | 2:05.20 | 2:04.9 | 2:09.00 | 2:08.7 |
| Mile# | | | | |
| (200m/220 yds or less)* | 4:40.60 | 4:40.3 | 4:48.60 | 4:48.3 |
| (Banked or Over 200m/220 yds)* | 4:40.00 | 4:39.7 | 4:48.00 | 4:47.7 |
| 3,000 Meters# | | | | |
| (200m/220 yds or less)* | 9:15.80 | 9:15.5 | 9:34.80 | 9:34.5 |
| (Banked or Over 200m/220 yds)* | 9:15.00 | 9:14.7 | 9:34.00 | 9:33.7 |
| 5,000 Meters# | | | | |
| (200m/220 yds or less)* | 16:09.60 | 16:09.3 | 16:43.60 | 16:43.3 |
| (Banked or Over 200m/220 yds)* | 16:08.00 | 16:07.7 | 16:42.00 | 16:41.7 |
| 1,600-Meter Relay | | | | |
| (Under 200m/220 yds)* | 3:35.40 | 3:35.1 | 3:42.40 | 3:42.1 |
| (200m/220 yds)* | 3:34.20 | 3:33.9 | 3:41.20 | 3:40.9 |
| (Banked or Over 200m/220 yds)* | 3:33.00 | 3:32.7 | 3:40.00 | 3:39.7 |
| Mile Relay | | | | |
| (Under 200m/220 yds)* | 3:36.60 | 3:36.3 | 3:43.60 | 3:43.3 |
| (200m/220 yds)* | 3:35.40 | 3:35.1 | 3:42.40 | 3:42.1 |
| (Banked or Over 200m/220 yds)* | 3:34.20 | 3:33.9 | 3:41.20 | 3:40.9 |
| Distance Medley Relay—Meters# | | | | |
| (200m/220 yds or less)* | 11:11.00 | 11:10.7 | 11:32.00 | 11:31.7 |
| (Banked or Over 200m/220 yds)* | 11:09.00 | 11:08.7 | 11:30.00 | 11:29.7 |
| Distance Medley Relay—Yards# | | | | |
| (200m/220 yds or less)* | 11:14.50 | 11:14.2 | 11:35.50 | 11:35.2 |
| (Banked or Over 200m/220 yds)* | 11:12.50 | 11:12.2 | 11:33.50 | 11:33.2 |

@ 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 | 6.10 |
| Triple Jump | 13.30 | 12.65 |
| Shot Put | 16.90 | 15.20 |
| 20-Pound Weight | 21.00 | 19.00 |
| Pentathlon | 4,050 points | 3,700 points |

*—Size of track.

#—Altitude adjustment available.

NCAA/8/28/2006/MAB