



STEVENS INDOOR TRACK & FIELD



WOMEN'S 2009-10 NCAA DIVISION III INDOOR QUALIFYING STANDARDS

	ECAC	NCAA Provisional	NCAA Automatic
55 meters (60)	7.54 (8.06)	7.29 (7.85)	7.10 (7.65)
55 meter HH (60 HH)	9.04 (9.62)	8.53 (9.17)	8.20 (8.82)
200 meters	26.89	-	-
400 meters	1:00.00	58.64	56.75
500 meters (600)	1:21.67 (1:40.87)	-	-
800 meters	2:22.74	2:16.50	2:13.00
1000 meters	3:09.08	-	-
1 Mile	5:16.45	5:05.00	4:55.00
3000 meters	10:51.41	-	-
5000 meters	18:44.18	17:42.00	17:10.00
4x200 meter relay	1:50.48	-	-
4x400 meter relay	4:10.48	4:00.00	3:54.00
4x800 meter relay	10:11.38	-	-
DMR	13:00.00	12:14.00	11:53.60
High Jump	1.58m (5'2")	1.66m (5'5")	1.71m (5'7")
Pole Vault	3.20m (10'6")	3.50m	3.85m
Long Jump	5.15m (16'10")	5.44m	5.70m
Triple Jump	10.75m (36')	11.23	12:00.00
Shot Put	11.58m (38')	12.90m (42'4")	14.00m (45'11")
Weight Throw	14.05m (46'1")	15.5m	17.30m
Pentathlon	Top 12	3000 points	3400 points

ns = No Standard

- = Not Contested