



STEVENS OUTDOOR TRACK & FIELD



WOMEN'S 2009 NCAA DIVISION III OUTDOOR QUALIFYING STANDARDS

	ECAC	NCAA Provisional	NCAA Automatic
100 meters	12.80	12.30	12.00
100 meter hurdles	16.34	14.95	14.35
200 meters	26.30	25.25	24.57
400 meters	1:00.00	57.50	55.90
400 meter hurdles	1:06.30	1:04.00	1:02.00
800 meters	2:19.50	2:14.40	2:11.00
1,500 meters	4:48.00 (5:11.02)	4:39.00 (5:01.40)	4:32.50 (4:54.30)
3,000 Steeplechase	12:00.24	11:13.00	10:44.00
5,000 meters	18:45.00	17:35.00	16:55.00
10,000 meters	40:30.00	37:25.00	35:48.00
4x100 meter relay	51.00	48.65	47.30
4x400 meter relay	4:10.00	3:56.60	3:49.60
High Jump	1.58m (5'2")	1.65m (5'5")	1.71m (5'7.5")
Pole Vault	3.25m (10'8")	3.50m (11'6")	3.82m (12'7")
Long Jump	5.25m (17'2")	5.47m (18'0")	5.80m (19'1")
Triple Jump	11.00m (36'1")	11.30m (38'0")	12.00m (39'5")
Shot Put	11.60m (38'1")	12.90m (42'4")	14.20m (46'7")
Discus	35.25m (105'10")	42.50m (139'6")	47.00m (154'2")
Javelin	35.00m (114'10")	38.50m (126'4")	44.20m (145'0")
Hammer	43.50m (142'9")	46.50m (152'7")	52.60m (172'7")
Heptathlon	3,400 points	4,100 points	4,600 points