



STEVENS TRACK & FIELD



WOMEN'S 2010 NCAA DIVISION III OUTDOOR QUALIFYING STANDARDS

	ECAC	NCAA Provisional	NCAA Automatic
100 meters	12.8	12.30	12.00
100 meter HH	16.34	14.99	14.30
200 meters	26.3	25.25	24.57
400 meters	1:00.00	57.30	55.70
400 meter IH	1:06.30	1:04.20	1:02.00
800 meters	2:19.50	2:15.00	2:11.00
1500 meters (Mile)	4:48.00 (5:11.02)	4:38.00 (5:00.70)	4:31.00 (4:52.60)
3000 Steeple	13:40.47	11:13.00	10:39.00
5000 meters	18:45.00	17:35.00	16:55.00
10000 meters	40:30.00	37:30.00	35:48.00
4x100 meter relay	51.00	47.15	48.65
4x400 meter relay	4:10.00	3:56.60	3:51.40
Long Jump	5.25m (17'03")	5.55m (18'03")	5.83 (19'02")
Triple Jump	11.00m (36'02")	11.36m (37'04")	12.00m (39'05")
Shot Put	11.60m (38'01")	12.90m (42'04")	14.20m (46'08")
Discus	36.25m (118'11")	41.50m (136'02")	47.00 (154'02")
Javelin	36.00m (118'01")	39.00m (127'11")	44.20m (145')
Hammer	43.50m (152'08")	46.92m (153'11")	53.00m (173'11")
High Jump	1.58m (5'03")	1.65m (5'05")	1.71 (5'08")
Pole Vault	3.25m (10'8")	3.55m (11'8")	3.86m (12'08")
Heptathlon	Top 12	4,100 points	4,575 points

ns = No Standard

- = Not Contested