

84 2010 NCAA QUALIFYING MARKS

MEN'S INDOOR STANDARDS

Event	Automatic	Provisional
60m	6.75	6.88
60m Hurdles	8.04	8.25
200m	21.70	22.10
400m	48.00	49.25
800m	1:52.50	1:54.50
Mile	4:09.80	4:14.50
5,000m	14:16.00	14:50.00
1,600m Relay	3:15.00	3:20.10
Distance Medley	9:55.00	10:10.00
High Jump	6-11.00	6-8.25
Pole Vault	16-6.00	15-7.00
Long Jump	23-11.50	23-2.75
Triple Jump	49-10.50	47-3.00
Shot Put	57-1.00	52-0.00
Weight Throw	62-4.00	57-3.00

WOMEN'S INDOOR STANDARDS

Event	Automatic	Provisional
60m	7.45	7.75
60m Hurdles	8.60	9.00
200m	24.65	25.50
400m	56.00	57.90
800m	2:12.00	2:16.50
Mile	4:55.00	5:05.00
5,000m	16:58.00	17:50.00
1,600m Relay	3:47.00	3:57.00
Distance Medley	11:50.50	12:20.00
High Jump	5-8.50	5-5.75
Pole Vault	12-7.5	11-5.75
Long Jump	19-4.25	18-2.50
Triple Jump	39-0.50	37-3.00
Shot Put	46-11.00	43-3.75
Weight Throw	59-0.75	52-10.00

MEN'S OUTDOOR STANDARDS

Event	Automatic	Provisional
100m	10.35	10.60
200m	21.00	21.45
400m	46.70	48.00
800m	1:50.00	1:53.00
1,500m	3:46.00	3:53.00
Steeplechase	9:06.00	9:25.00
5,000m	14:00.00	14:45.00
10,000m	29:40.00	31:00.00
110m Hurdles	14.15	14.65
400m Hurdles	52.00	54.00
400m Relay	40.25	41.35
1,600m Relay	3:10.00	3:15.00
Mile Relay	3:11.20	3:16.20
High Jump	7-0.25	6-8.75
Pole Vault	16-10.75	15-11.00
Long Jump	24-7.25	23-5.50
Triple Jump	50-2.50	47-7.00
Shot Put	56-1.25	52-2.00
Javelin	208-4.00	193-7.00
Discus	173-11.0	160-1.00
Hammer	196-10.00	178-10.00
Decathlon	6,900 pts.	6,400 pts.

WOMEN'S OUTDOOR STANDARDS

Event	Automatic	Provisional
100m	11.65	12.12
200m	23.95	24.70
400m	55.00	56.80
800m	2:10.40	2:14.50
1,500m	4:29.60	4:38.00
Steeplechase	10:46.00	11:20.00
5,000m	16:57.00	17:33.00
10,000m	35:30.00	37:20.00
100m Hurdles	13.90	14.55
400m Hurdles	1:00.75	1:03.00
400m Relay	46.00	47.40
1,600m Relay	3:45.00	3:50.00
Mile Relay	3:46.20	3:51.20
High Jump	5-8.75	5-6.00
Pole Vault	12-11.50	11-9.75
Long Jump	19-6.25	18-6.50
Triple Jump	39-10.50	37-10.75
Shot Put	47-7.00	43-5.75
Javelin	147-8.00	131-3.00
Discus	156-2.00	141-1.00
Hammer	179-1.00	162-5.00
Heptathlon	5,000 pts.	4,400 pts.