

**2019 NCAA DIVISION II OUTDOOR TRACK AND FIELD
MEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

	AUTOMATIC	PROVISIONAL
Event	FAT	FAT
100 Meters	10.26	10.58
200 Meters	20.75	21.36
400 Meters	46.23	47.77
800 Meters	1:48.78	1:52.03
1500 Meters	3:44.28	3:50.52
3000 Meter Steeplechase	8:52.85	9:15.02
5000 Meters	13:54.33	14:32.80
10,000 Meters	29:13.60	30:42.74
110 Meter Hurdles	13.89	14.53
400 Meter Hurdles	51.34	53.42
4 x 100 Meter Relay	40.20	41.09
4 x 400 Meter Relay	3:09.18	3:13.91
	METRIC	METRIC
High Jump	2.15	2.04
Pole Vault	5.20	4.80
Long Jump	7.68	7.25
Triple Jump	15.69	14.66
Shot Put	18.36	16.16
Discus Throw	56.11	49.78
Hammer Throw	65.03	55.08
Javelin Throw	68.34	58.68
Decathlon	7242	6300

IMPORTANT NOTES:

Altitude Conversions

Altitude adjustments are available for all running events. Information regarding altitude adjustments can be found online at www.NCAA.org (Division II Championships, Division II Outdoor Track and Field).

Event Conversions

Below are the permissible event conversions for NCAA outdoor track and field. The Standardized Track Event Conversion Factors will be used to convert times for the non-championship events listed below to determine whether times achieved meet the qualifying standards noted above. The Standardized Track Event Conversion Factors can be found online at www.NCAA.org (go to Division II Championships, Division II Outdoor Track and Field).

- Mile to 1500 meters
- 4x110 yard relay to 4x100 meter relay
- Mile Relay to 4x400 meter relay

**2019 NCAA DIVISION II OUTDOOR TRACK AND FIELD
WOMEN'S QUALIFYING STANDARDS
(SEA LEVEL)**

	AUTOMATIC	PROVISIONAL
Event	FAT	FAT
100 Meters	11.50	11.93
200 Meters	23.59	24.33
400 Meters	53.46	55.96
800 Meters	2:07.15	2:12.18
1500 Meters	4:22.06	4:33.24
3000 Meter Steeplechase	10:12.97	11:01.67
5000 Meters	16:10.21	17:10.86
10,000 Meters	34:13.34	36:35.97
110 Meter Hurdles	13.51	14.22
400 Meter Hurdles	59.05	1:01.92
4 x 100 Meter Relay	45.52	46.86
4 x 400 Meter Relay	3:40.10	3:48.20
	METRIC	METRIC
High Jump	1.77	1.67
Pole Vault	4.08	3.65
Long Jump	6.29	5.80
Triple Jump	12.77	11.85
Shot Put	15.74	13.76
Discus Throw	52.79	45.11
Hammer Throw	60.45	51.82
Javelin Throw	49.44	41.59
Heptathlon	5195	4504

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Event Conversions

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- Mile to 1500 meters
- 4x110 yard relay to 4x100 meter relay
- Mile Relay to 4x400 meter relay