

2012 NCAA Indoor Qualifying Standards

MEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.14	
60 Meters	6.60	
55 Hurdles	7.17	
60 Hurdles	7.70	
200 Meters		
(Under 200m/220 yds)*	21.38	
(200m/220 yds)*	21.13	
(Banked or Over 200m/220 yds)*	20.73	
400 Meters		
(Under 200m/220 yds)*	47.00	46.75
(200m/220 yds)*	46.60	46.35
(Banked or Over 200m/220 yds)*	46.00	45.75
800 Meters		
(Under 200m/220 yds)*	1:48.60	1:48.30
(200m/220 yds or 1ess)*	1:48.20	1:47.90
(Banked or Over 200m/220 yds)*	1:47.30	1:47.0
Mile		
(Under 200m/220 yds)*	4:00.20	3:59.9
(200m/220 yds or 1ess)*	3:59.70	3:59.4
(Banked or Over 200m/220 yds)*	3:57.90	3:57.6
3000 Meters		
(Under 200m/220 yds)*	7:56.30	7:56.0
(200m/220 yds or 1ess)*	7:55.00	7:54.7
(Banked or Over 200m/220 yds)*	7:52.30	7:52.0
5000 Meters		
(Under 200m/220 yds)*	13:50.90	13:50.6
(200m/220 yds or 1ess)*	13:48.40	13:48.1
(Banked or Over 200m/220 yds)*	13:44.60	13:44.3
4x400 Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
4x440 Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay		
(Under 200m/220 yds)*	9:35.10	9:34.8
(200m/220 yds or 1ess)*	9:34.00	9:33.7
(Banked or Over 200m/220 yds)*	9:31.00	9:30.7
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	9:36.60	9:36.3
(200 m/220 yds or 1ess)*	9:35.50	9:35.2
(Banked or Over 200 m/220 yds)*	9:32.50	9:32.2

Field Events (Metric)

High Jump	2.24
Pole Vault	5.50
Long Jump	8.00
Triple Jump	16.30
Shot Put	19.35
Weight Throw	21.50
Heptathlon	5,750 points

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

WOMEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.71	
60 Meters	7.23	
55 Hurdles	7.53	
60 Hurdles	8.10	
200 Meters		
(Under 200m/220 yds)*	23.82	
(200m/220 yds)*	23.62	
(Banked or Over 200m/220 yds)*	23.12	
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters		
(Under 200m/220 yds)*	2:05.80	2:05.5
(200m/220 yds or 1ess)*	2:05.50	2:05.2
(Banked or Over 200m/220 yds)*	2:04.50	2:04.2
Mile		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or 1ess)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3000 Meters		
(Under 200m/220 yds)*	9:14.00	9:13.7
(200m/220 yds or 1ess)*	9:13.00	9:12.7
(Banked or Over 200m/220 yds)*	9:10.00	9:09.7
5000 Meters		
(Under 200m/220 yds)*	16:04.50	16:04.2
(200m/220 yds or 1ess)*	16:02.00	16:01.7
(Banked or Over 200m/220 yds)*	15:57.00	15:56.7
4x400 Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
4x400 Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay		
(Under 200m/220 yds)*	11:08.90	11:08.6
(200m/220 yds or 1ess)*	11:09.40	11:07.1
(Banked or Over 200m/220 yds)*	11:03.50	11:03.2
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	11:11.40	11:11.1
(200m/220 yds or 1ess)*	11:10.90	11:10.6
(Banked or Over 200m/220 yds)*	11:07.00	11:06.7

Field Events (Metric)

High Jump	1.85
Pole Vault	4.35
Long Jump	6.45
Triple Jump	13.30
Shot Put	17.20
Weight Throw	21.00
Pentathlon	4,150 points

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

2012 Olympic Trials and Olympic Games Qualifying Standards

2012 U.S. OLYMPIC TRIALS - QUALIFYING STANDARDS

Men	Automatic ('A')	Provisional ('B')
Track Events		
100 Meters	10.18	10.28
200 Meters	20.55	20.75
400 Meters	45.30	46.00
800 Meters	1:46.50	1:48.30
1500 Meters	3:39.00	3:34.00
5000 Meters	13:33.00	13:50.00
10000 Meters	28:15.00	29:00.00
20k Race Walk	1:36:00	none
50k Race Walk	4:45:00	none
110 Meter Hurdles	13.52	13.99
400 Meter Hurdles	49.50	50.95
3000 M Steeplechase	8:32.00	8:45.00
Field Events		
High Jump	2.28	2.20
Pole Vault	5.70	5.50
Long Jump	8.05	7.80
Triple Jump	16.66	15.80
Shot Put	20.00	18.60
Discus Throw	63.75	58.80
Hammer Throw	72.00	64.00
Javelin Throw	77.00	70.00
Decathlon	7,900	7,600

Women	Automatic ('A')	Provisional ('B')
Track Events		
100 Meters	11.29	11.40
200 Meters	23.10	23.35
400 Meters	51.50	52.60
800 Meters	2:01.30	2:05.90
1500 Meters	4:12.93	4:17.00
5000 Meters	15:35.00	15:50.00
10000 Meters	32:45.00	34:00.00
20k Race Walk	1:48:00	none
100 Meter Hurdles	13.00	13.30
400 Meter Hurdles	56.00	57.80
3000 M Steeplechase	9:55.00	10:15.00
Field Events		
High Jump	1.87	1.84
Pole Vault	4.50	4.30
Long Jump	6.65	6.45
Triple Jump	13.75	13.20
Shot Put	17.90	16.40
Discus Throw	60.00	56.00
Hammer Throw	68.00	64.00
Javelin Throw	55.00	50.50
Heptathlon	5,800	5,600

2012 OLYMPIC GAMES - QUALIFYING STANDARDS

Men	Automatic ('A')	Provisional ('B')
Track Events		
100 Meters	10.18	10.24
200 Meters	20.55	20.65
400 Meters	45.30	45.90
800 Meters	1:45.60	1:46.30
1500 Meters	3:35.50	3:38.00
5000 Meters	13:20.00	13:27.00
10000 Meters	27:45.00	28:05.00
Marathon	2:15.00	2:18.00
20k Race Walk	1:22:30	1:24.30
50k Race Walk	3:59.00	4:09.00
110 Meter Hurdles	13.52	13.60
400 Meter Hurdles	49.50	49.80
3000 M Steeplechase	8:23.10	8:32.00
Field Events		
High Jump	2.31	2.28
Pole Vault	5.72	5.60
Long Jump	8.20	8.10
Triple Jump	17.20	16.85
Shot Put	20.50	20.00
Discus Throw	65.00	63.00
Hammer Throw	78.00	74.00
Javelin	82.00	79.50
Decathlon	8,200	7,900

Women	Automatic ('A')	Provisional ('B')
Track Events		
100 Meters	11.29	11.38
200 Meters	23.10	23.30
400 Meters	51.55	52.35
800 Meters	1:59.90	2:01.30
1500 Meters	4:06.00	4:08.90
5000 Meters	15:20.00	15:30.00
10000 Meters	31:45.00	32:10.00
Marathon	2:37:00	2:43:00
20k Race Walk	1:33:30	1:38:00
100 Meter Hurdles	12.96	13.15
400 Meter Hurdles	55.50	56.65
3000 M Steeplechase	9:43.00	9:48.00
Field Events		
High Jump	1.95	1.84
Pole Vault	4.50	4.30
Long Jump	6.75	6.45
Triple Jump	14.30	13.20
Shot Put	18.30	16.40
Discus Throw	62.00	56.00
Hammer Throw	71.50	64.00
Javelin Throw	61.00	59.00
Heptathlon	6,150	5,950