

2016-17 Women's Indoor Track and Field Qualifying Standards

Track Event	PSAC		NCAA DII Provisional		NCAA DII Automatic	
	FAT	MAN	FAT	MAN	FAT	MAN
55m	7.57	7.2	-	-	-	-
60y	7.62	7.3	-	-	-	-
60m	8.15	7.8	7.71	-	7.42	-
55m HH	9.02	8.7	-	-	-	-
60y HH	9.07	8.7	-	-	-	-
60m HH	9.70	9.4	8.84	-	8.33	-
200m						
(Under 200m)	27.18	26.8	-	-	-	-
(200m flat)	26.91	26.6	25.45	-	24.38	-
(Over 200m/banked)	26.50	26.2	25.06	-	24.00	-
400m						
(Under 200m)	1:02.25	1:01.9	-	-	-	-
(200m flat)	1:01.82	1:01.5	57.77	-	55.03	-
(Over 200m/banked)	1:01.00	1:00.7	57.01	-	54.30	-
800m						
(Under 200m)	2:26.37	2:26.0	-	-	-	-
(200m flat)	2:25.66	2:25.3	2:16.65	-	2:10.42	-
(Over 200m/banked)	2:24.00	2:23.7	2:15.09	-	2:08.93	-
Mile						
(Under 200m)	5:28.23	5:27.9	-	-	-	-
(200m flat)	5:27.21	5:26.9	5:04.09	-	4:49.98	-
(Over 200m/banked)	5:24.00	5:23.7	5:01.11	-	4:47.13	-
3,000m						
(Under 200m)	10:50.76	10:50.4	-	-	-	-
(200m flat)	10:49.54	10:49.2	10:08.36	10:08.0	9:35.35	9:35.0
(Over 200m/banked)	10:44.00	10:43.7	10:03.17	10:02.8	9:30.44	9:30.1
5,000m						
(Under 200m)	19:20.09	19:19.7	-	-	-	-
(200m flat)	19:18.86	19:18.5	17:36.86	17:36.5	16:42.67	16:42.3
(Over 200m/banked)	19:10.00	19:09.7	17:28.78	17:28.4	16:35.00	16:34.7
1,600m Relay						
(Under 200m)	One Team Per School		-	-	-	-
(200m flat)			3:54.80	-	3:47.32	-
(Over 200m/banked)			3:51.71	-	3:44.33	-
3,200m Relay	One Team Per School		Not Contested		Not Contested	
Distance Medley Relay						
(Under 200m)	One Team Per School		-	-	-	-
(200m flat)			12:18.66	12:18.3	11:41.03	11:40.7
(Over 200m/banked)			12:10.84	12:10.5	11:33.60	11:33.3
Field Event	Metric	Imperial	Metric		Metric	
High Jump	1.55	5-01	1.65		1.78	
Pole Vault	3.15	10-04	3.55		4.05	
Long Jump	5.08	16-08	5.60		6.10	
Triple Jump	10.35	33-11.5	11.54		12.42	
Shot Put	11.00	36-01	13.40		15.35	
Weight Throw	12.50	41-00	16.34		19.44	
Pentathlon	Top-16 scores accepted		3,285 pts.		3,875 pts.	