

2017 Men's Outdoor Track and Field Qualifying Standards

Track Event	PSAC		NCAA DII Provisional		NCAA DII Automatic	
	FAT	MAN	FAT (No MT accepted)		FAT (No MT accepted)	
100 meters	11.15	10.8	10.61	--	10.31	--
200 meters	22.50	22.2	21.50	--	20.70	--
400 meters	50.60	50.3	47.94	--	46.56	--
800 meters	1:57.25	1:57.0	1:52.33	--	1:49.00	--
1,500 meters*	4:06.00	4:05.7	3:51.68	--	3:45.65	--
3,000-meter steeple	10:10.00	10:09.7	9:17.00	--	8:52.70	--
5,000 meters	15:25.00	15:24.7	14:37.45	--	13:57.77	--
10,000 meters	33:00.00	32:59.7	31:00.00	--	29:15.09	--
110 meter hurdles	16.00	15.7	14.50	--	13.90	--
400 meter hurdles	57.50	57.2	53.48	--	50.50	--
4x100m relay	One team per school		41.12	--	40.16	--
4x400m relay	One team per school		3:14.07	--	3:09.02	--
4x800m relay	One team per school		Not Contested		Not Contested	
Field Event	Metric	Imperial	Metric		Metric	
High Jump	1.85m	6-01	2.03m		2.17m	
Pole Vault	4.00m	13-01.5	4.76m		5.20m	
Long Jump	6.50m	21-04	7.22m		7.65m	
Triple Jump	13.00m	42-08	14.56m		15.77m	
Shot Put	13.50m	44-03.5	15.95m		18.39m	
Discus	40.00m	131-03	49.35m		55.60m	
Hammer	43.00m	141-01	53.60m		66.00m	
Javelin	49.00m	160-09.25	58.34m		67.10m	
Decathlon	Top-16 scores accepted		6,202 pts.		7,100 pts.	

2017 Women's Outdoor Track and Field Qualifying Standards

Track Event	PSAC		NCAA DII Provisional		NCAA DII Automatic	
	FAT	MAN	FAT (No MT accepted)		FAT (No MT accepted)	
100 meters	12.80	12.5	11.99	--	11.54	--
200 meters	26.20	25.9	24.53	--	23.60	--
400 meters	1:00.20	59.9	55.98	--	53.50	--
800 meters	2:23.00	2:22.7	2:13.33	--	2:07.50	--
1,500 meters*	5:00.00	4:59.7	4:34.00	--	4:23.50	--
3,000-meter steeple	12:25.00	12:24.7	11:05.00	--	10:21.33	--
5,000 meters	18:35.00	18:34.7	17:21.38	--	16:25.35	--
10,000 meters	40:00.00	39:59.7	36:56.20	--	34:33.97	--
100 meter hurdles	15.80	15.5	14.30	--	13.30	--
400 meter hurdles	1:08.00	1:07.7	1:02.40	--	58.95	--
4x100m relay	One team per school		47.00	--	45.36	--
4x400m relay	One team per school		3:48.72	--	3:40.96	--
4x800m relay	One team per school		Not Contested		Not Contested	
Field Event	Metric	Imperial	Metric		Metric	
High Jump	1.58m	5-02.25	1.68m		1.77m	
Pole Vault	3.25m	10-08	3.61m		4.00m	
Long Jump	5.20m	17-00.75	5.76m		6.15m	
Triple Jump	10.75m	35-03.25	11.75m		12.70m	
Shot Put	11.10m	36-05	13.53m		15.73m	
Discus	35.00m	114-10	44.90m		49.90m	
Hammer	40.00m	131-03	52.00m		59.05m	
Javelin	35.95m	117-11.5	40.37m		48.50m	
Heptathlon	Top-16 scores accepted		4,442 pts.		5,180 pts.	

*Mile to 1,500m - NCAA will accept 1,500m times converted from the mile (More info: ncaa.org/championships)
Mile Conversion Factor: Take the total mile time in seconds and multiply by 0.9259

Example: Athlete runs 4:05.2 mile

4:05.2 is 245.2 seconds ---- $245.2 \times 0.9259 = 227.03068$ seconds

227.03068 seconds is 3:47.03068 ---- 1,500m converted time is 3:47.04 (Always round last digit up)