

## Qualifying Standards

Standards as per the *NJCAA 2013-2014 Handbook and Casebook* (p. 162) for Division I men and women.

### Women

<b>Event</b>	<b>FAT</b>	<b>Event</b>	<b>Metric</b>
100 Meter Dash	12.10	High Jump	1.61
200 Meter Dash	24.58	Pole Vault	3.20
400 Meter Dash	56.46	Long Jump	5.53
800 Meter Run	2:21.77	Triple Jump	11.48
1500 Meter Run	5:00.40	Discus	40.24
5000 Meter Run	19:35.39	Hammer	42.95
10000 Meter Run	41:21.94	Javelin	36.43
100 Meter Hurdles	14.81	Shot Put	12.67
400 Meter Hurdles	1:07.77		
3000 Meter Steeplechase	12:32.71	Heptathlon	Top 16
4x100 Meter Relay	48.73		
4x400 Meter Relay	4:04.95		
4x800 Meter Relay	10:00.97		

### Men

<b>Event</b>	<b>FAT</b>	<b>Event</b>	<b>Metric</b>
100 Meter Dash	10.64	High Jump	2.03
200 Meter Dash	21.50	Pole Vault	4.50
400 Meter Dash	48.64	Long Jump	7.26
800 Meter Run	1:55.39	Triple Jump	14.58
1500 Meter Run	4:02.66	Discus	45.64
5000 Meter Run	15:47.43	Hammer	48.29
10000 Meter Run	33:08.52	Javelin	53.27
110 Meter Hurdles	14.62	Shot Put	15.18
400 Meter Hurdles	55.49		
3000 Meter Steeplechase	9:56.22	Decathlon	Top 16
4x100 Meter Relay	42.19		
4x400 Meter Relay	3:18.20		
4x800 Meter Relay	7:56.01		