

Appendix B

2009-10 NAIA INDOOR TRACK AND FIELD STANDARDS

Event	Event #	MEN		WOMEN	
		"A" Standard / "B" Standard	Reporting Mark	Event #	"A" Standard / "B" Standard
60 Meters Dash	1	6.94 / 7.01		22	7.84 / 7.95
55 Meter / 60 Yard Dash	1A	6.46 / 6.53		22A	7.31 / 7.42
50 Meters Dash	1B	5.84 / 5.91		22B	6.74 / 6.85
60 Meter Hurdles	2	8.32 / 8.50		23	9.20 / 9.40
55 Meter / 60 Yard Hurdles	2A	7.79 / 7.97		23A	8.63 / 8.83
50 Meter Hurdles	2B	7.09 / 7.27		23B	7.85 / 8.05
200 Meter Dash	3	22.25 / 22.55		24	25.88 / 26.23
Undersize (<200m / 220yd) track	3A	22.45 / 22.75		24A	26.08 / 26.43
Oversize (>200m / 220yd) track	3B	21.65 / 21.95		24B	25.28 / 25.63
220 Yard Dash	3C	22.47 / 22.78		24C	26.41 / 26.77
Undersize (<200m / 220yd) track	3D	22.68 / 22.98		24D	26.61 / 26.97
Oversize (>200m / 220yd) track	3E	21.87 / 22.17		24E	25.80 / 26.15
400 Meter Run	4	49.60 / 50.28		25	58.80 / 60.10
Undersize (<200m / 220yd) track	4A	49.90 / 50.58		25A	59.10 / 60.40
Oversize (>200m / 220yd) track	4B	49.10 / 49.78		25B	58.40 / 59.70
440 Yard Run	4C	50.61 / 51.31		25C	60.00 / 61.33
Undersize (<200m / 220yd) track	4D	50.92 / 51.61		25D	60.31 / 61.63
Oversize (>200m / 220yd) track	4E	50.10 / 50.80		25E	59.59 / 60.92
600 Meter Run	5	1:21.80 / 1:23.15		26	1:38.80 / 1:40.10
Undersize (<200m / 220yd) track	5A	1:22.15 / 1:23.50		26A	1:39.15 / 1:40.45
Oversize (>200m / 220yd) track	5B	1:21.25 / 1:22.60		26B	1:38.35 / 1:39.65
600 Yard Run	5C	1:13.04 / 1:14.24		26C	1:29.82 / 1:31.00
Undersize (<200m / 220yd) track	5D	1:13.35 / 1:14.55		26D	1:30.14 / 1:31.32
Oversize (>200m / 220yd) track	5E	1:12.54 / 1:13.75		26E	1:29.41 / 1:30.59
800 Meter Run	6	1:56.00 / 1:57.00		27	2:19.00 / 2:21.50
Undersize (<200m / 220yd) track	6A	1:56.40 / 1:57.40		27A	2:19.40 / 2:21.90
Oversize (>200m / 220yd) track	6B	1:55.40 / 1:56.40		27B	2:18.50 / 2:21.00
880 Yard Run	6C	1:56.94 / 1:57.94		27C	2:20.12 / 2:22.64
Undersize (<200m / 220yd) track	6D	1:57.34 / 1:58.35		27D	2:20.52 / 2:23.04
Oversize (>200m / 220yd) track	6E	1:56.33 / 1:57.34		27E	2:19.62 / 2:22.14
1,000 Meter Run	7	2:31.90 / 2:33.65		28	3:03.50 / 3:07.00
Undersize (<200m / 220yd) track	7A	2:32.35 / 2:34.10		28A	3:03.95 / 3:07.45
Oversize (>200m / 220yd) track	7B	2:31.20 / 2:32.95		28B	3:02.90 / 3:06.40
1,000 Yard Run	7C	2:18.09 / 2:19.68		28C	2:46.82 / 2:50.00
Undersize (<200m / 220yd) track	7D	2:18.50 / 2:20.09		28D	2:47.23 / 2:50.41
Oversize (>200m / 220yd) track	7E	2:17.45 / 2:19.05		28E	2:46.27 / 2:49.45
Mile Run	8	4:20.60 / 4:23.06		29	5:13.85 / 5:16.99
Undersize (<200m / 220yd) track	8A	4:21.60 / 4:24.06		29A	5:14.85 / 5:17.99
Oversize (>200m / 220yd) track	8B	4:18.80 / 4:21.26		29B	5:12.25 / 5:15.39
1,500 Meter Run	8C	4:03.55 / 4:05.85		29C	4:53.32 / 4:56.25
Undersize (<200m / 220yd) track	8D	4:04.49 / 4:06.79		29D	4:54.25 / 4:57.19
Oversize (>200m / 220yd) track	8E	4:01.87 / 4:04.17		29E	4:51.82 / 4:54.76

2009-10 NAIA INDOOR TRACK AND FIELD STANDARDS (Continued)

Event	Event #	Men	Event #	Women
		"A" Standard / "B" Standard Reporting Mark		"A" Standard / "B" Standard Reporting Mark
3,000 Meter Run	9	8:43.00 / 8:50.40	30	10:28.50 / 10:40.50
Undersize (<200m / 220yd) track	9A	8:44.75 / 8:52.15	30A	10:30.25 / 10:42.25
Oversize (>200m / 220yd) track	9B	8:40.80 / 8:48.20	30B	10:26.50 / 10:38.50
2 Mile Run	9C	9:25.41 / 9:33.41	30C	11:17.99 / 11:30.94
Undersize (<200m / 220yd) track	9D	9:27.30 / 9:35.30	30D	11:19.88 / 11:32.83
Oversize (>200m / 220yd) track	9E	9:23.03 / 9:31.03	30E	11:15.84 / 11:28.78
5,000 Meter Run	10	15:15.75 / 15:27.20	31	18:26.15 / 18:47.79
Undersize (<200m / 220yd) track	10A	15:18.25 / 15:29.70	31A	18:28.65 / 18:50.29
Oversize (>200m / 220yd) track	10B	15:12.55 / 15:24.00	31B	18:23.45 / 18:45.09
3 Mile Run	10C	14:32.14 / 14:43.05	31C	17:33.48 / 17:54.09
Undersize (<200m / 220yd) track	10D	14:34.52 / 14:45.43	31D	17:35.86 / 17:56.47
Oversize (>200m / 220yd) track	10E	14:29.09 / 14:40.00	31E	17:30.90 / 17:51.51
3000 Meter Walk	11	16:00.00 / 16:30.00	32	18:20.00 / 18:50.00
4 x 400 Meter Relay	12	3:22.30 / 3:24.50	33	4:03.50 / 4:07.88
Undersize (<200m / 220yd) track	12A	3:23.80 / 3:26.00	33A	4:05.00 / 4:09.38
Oversize (>200m / 220yd) track	12B	3:20.30 / 3:22.50	33B	4:01.90 / 4:06.28
4 x 440 Yard Relay	12C	3:23.52 / 3:25.73	33C	4:04.97 / 4:09.38
Undersize (<200m / 220yd) track	12D	3:25.03 / 3:27.24	33D	4:06.48 / 4:10.89
Oversize (>200m / 220yd) track	12E	3:21.51 / 3:23.72	33E	4:03.36 / 4:07.77
4 x 800 Meter Relay	13	7:57.00 / 8:02.00	34	9:47.00 / 9:55.00
Undersize (<200m / 220yd) track	13A	7:58.60 / 8:03.60	34A	9:48.20 / 9:56.20
Oversize (>200m / 220yd) track	13B	7:54.60 / 7:59.60	34B	9:45.40 / 9:53.40
4 x 880 Yard Relay	13C	7:59.88 / 8:04.91	34C	9:50.54 / 9:58.59
Undersize (<200m / 220yd) track	13D	8:01.49 / 8:06.52	34D	9:51.75 / 9:59.80
Oversize (>200m / 220yd) track	13E	7:57.46 / 8:02.49	34E	9:48.93 / 9:56.98
Distance Medley Relay (Meters)	14	10:25.45 / 10:33.50	35	12:45.48 / 13:00.00
Undersize (<200m / 220yd) track	14A	10:26.55 / 10:34.60	35A	12:46.98 / 13:01.50
Oversize (>200m / 220yd) track	14B	10:22.15 / 10:30.20	35B	12:42.88 / 12:57.40
Distance Medley Relay (Yards)	14C	10:28.75 / 10:36.80	35C	12:48.78 / 13:03.30
Undersize (<200m / 220yd) track	14D	10:29.85 / 10:37.90	35D	12:50.28 / 13:04.80
Oversize (>200m / 220yd) track	14E	10:25.45 / 10:33.50	35E	12:46.18 / 13:00.70
Triple Jump	15	14.17m / 13.88m	36	11.20m / 10.97m
Shot Put	16	15.39m / 14.96m	37	12.70m / 12.42m
Pole Vault	17	4.70m / 4.60m	38	3.43m / 3.30m
Long Jump	18	7.01m / 6.88m	39	5.46m / 5.31m
High Jump	19	2.03m / 1.98m	40	1.65m / 1.62m
Weight Throw	20	16.00m / 15.54m	41	15.11m / 14.55m
Heptathlon (M) / Pentathlon (W)	21	Top 16 declared – 3,750 min.	42	Top 16 declared – 2,500 min.

Note: Events in bold are run at the national championships. Athletes can also qualify for these events by meeting the standard in the compatible event(s) listed below each national championship event.

Timing: Report performances as recorded/timed in the competition. If hand timed, report as a hand time to the tenth of a second; if fully automatic, report as F.A.T. to the hundredth of a second. **DO NOT CONVERT HAND TIMES TO F.A.T.;** the list administrator will do this. **Hand times are not accepted in events 200 meters or less.**

Race Walk: Refer to the race walk portion of the Qualifying Procedures in this manual regarding specific criteria for acceptable marks.

Metric Conversions: Field event standards are set in metric. Imperial distances must be the minimum needed to reach the metric mark.

Multis: Multi-event performances must meet the minimum standard to be included on the performance list and used as a qualifying mark. Scores lower than the standard will not be processed by the list administrator.

2009-10 NAIA OUTDOOR TRACK AND FIELD STANDARDS

Event	Event #	MEN		Event #	WOMEN	
		"A" Standard / "B" Standard	Reporting Mark		"A" Standard / "B" Standard	Reporting Mark
100 Meters	1	10.70 / 10.82		25	12.26 / 12.38	
200 Meters	2	21.78 / 21.96		26	25.20 / 25.35	
400 Meters	3	48.54 / 48.90		27	57.30 / 58.00	
800 Meters	4	1:53.50 / 1:54.50		28	2:16.00 / 2:17.85	
1,500 Meters	5	3:55.25 / 3:57.60		29	4:43.85 / 4:46.25	
Mile	5a	4:11.72 / 4:14.23		29a	5:03.72 / 5:06.29	
5,000 Meters	6	14:56.24 / 15:12.00		30	18:05.50 / 18:25.00	
10,000 Meters	7	31:50.00 / 32:20.40		31	38:45.35 / 39:25.00	
Marathon	8	2:44.00 / 2:50.00		32	3:34.00 / 3:40:00	
Half Marathon	8a	1:14:00 / 1:16:40		32a	1:33:00 / 1:36:00	
110/100 Meter Hurdles	9	14.80 / 15.25		33	14.90 / 15.25	
400 Meter Hurdles	10	53.90 / 55.30		34	1:04.50 / 1:05.25	
3,000 Meter Steeplechase	11	9:29.00 / 9:40.00		35	11:33.00 / 11:47.50	
5,000 Meter Walk	12	26:30.00 / 27:30.00			30:00.00 / 31:10.00	
4 x 100 Meter Relay	13	41.85 / 42.45		37	48.84 / 49.35	
4 x 400 Meter Relay	14	3:17.00 / 3:19.40		38	3:58.25 / 4:01.50	
4x440 yard	14a	3:18.19 / 3:20.60		38a	3:59.69 / 4:02.96	
4 x 800 Meter Relay	15	7:47.00 / 7:51.50		39	9:35.00 / 9:44.00	
4x880 yard	15a	7:49.82 / 7:54.35		39a	9:38.47 / 9:47.53	
High Jump	16	2.06m / 2.01m		40	1.68m / 1.65m	
Pole Vault	17	4.80m / 4.70m			3.53m / 3.43m	
Long Jump	18	7.11m / 6.96m		42	5.59m / 5.44m	
Triple Jump	19	14.33m / 14.02m		43	11.43m / 11.20m	
Shot Put	20	15.54m / 15.24m		44	12.95m / 12.57m	
Discus	21	47.82m / 46.50m		45	42.18m / 41.10m	
Hammer	22	50.60m / 48.31m		46	46.94m / 46.15m	
Javelin	23	58.00m / 56.08m		47	40.08 / 38.70m	
Decathlon (M) / Heptathlon (W)	24	Top 16 declared - 4,500 min.		48	Top 16 declared – 3,400 min.	

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