

2007 Women's Track & Field Standards

EVENT	DIII AUTO	DIII PROV	NWC
100 Meter Dash	11.97	12.32	13.71
200 Meter Dash	24.55	25.29	27.86
400 Meter Dash	55.90	57.60	64.66
800 Meter Run	2:11.80	2:14.70	2:27.84
1500 Meter Run	4:32.50	4:40.20	5:02.24
3000 Meter Steeple	10:48.00	11:16.50	13:17.00
5000 Meter Run	17:00.00	17:40.00	19:36.22
10000 Meter Run	36:00.00	37:40.00	43:18.91
100 Meter Hurdles	14.40	15.00	17.80
400 Meter Hurdles	1:02.00	1:04.14	1:16.92
400 Meter Relay	47.50	48.88	NM
1600 Meter Relay	3:49.60	3:56.00	NM
High Jump	5' 7 1/4" (1.71)	5' 5" (1.65)	4' 8 1/4" (1.43)
Pole Vault	12' 5 1/2" (3.80)	11' 5 3/4" (3.50)	8' 9" (2.67)
Long Jump	19' 0 1/2" (5.80)	18' 1 1/4" (5.51)	15' 9 1/2" (4.81)
Triple Jump	39' 4 1/2" (12.00)	37' 3" (11.35)	31' 11 1/4" (9.73)
Shot Put	46' 7 1/4" (14.20)	42' 0" (12.80)	33' 40 1/4" (10.17)
Discus Throw	152' 2" (46.38)	136' 2" (41.50)	101' 8" (31.00)
Javelin Throw	145' 0" (44.20)	128' 8" (39.24)	108' 9" (33.14)
Hammer Throw	172' 7" (52.60)	150' 11" (46.00)	106' 3" (33.39)
Heptathlon	4,560 points	4,100 points	NM

2007 Men's Track & Field Standards

EVENT	DIII AUTO	DIII PROV	NWC
100 Meter Dash	10.57	10.75	11.54
200 Meter Dash	21.31	21.75	23.53
400 Meter Dash	47.35	48.50	51.92
800 Meter Run	1:51.30	1:53.20	2:00.20
1500 Meter Run	3:50.60	3:55.20	4:10.24
3000 Meter Steeple	9:07.34	9:23.00	10:30.13
5000 Meter Run	14:28.00	14:48.00	15:50.05
10000 Meter Run	30:15.30	31:15.00	34:54.94
110 Meter Hurdles	14.42	14.90	17.51
400 Meter Hurdles	52.54	54.14	1:03.26
400 Meter Relay	41.10	42.00	NM
1600 Meter Relay	3:13.00	3:17.30	NM
High Jump	6' 11" (2.11)	6' 7 1/2" (2.02)	5' 10 3/4" (1.80)
Pole Vault	16' 6 " (5.03)	15' 5" (4.70)	12' 11" (3.94)
Long Jump	23' 11 1/2 " (7.30)	23' 0 3/4" (7.03)	20' 7 " (6.27)
Triple Jump	48' 6 3/4" (14.80)	46' 3 1/4" (14.10)	40' 5 1/2 " (12.31)
Shot Put	56' 7 1/4" (17.25)	51' 0 1/4" (15.55)	42' 5 1/2" (12.94)
Discus Throw	172' 3" (52.50)	155' 10 " (47.50)	128" 11 " (39.30)
Javelin Throw	205' 1 " (62.50)	188' 0" (57.30)	167' 09 " (51.13)
Hammer Throw	189' 0" (57.60)	168' 10" (51.46)	131' 3 " (40.02)
Decathlon	6,600 points	6,000 points	NM