

GNAC and NCAA Indoor T&F Qualifying Marks

Conference Qualifying

Event	2012 Men		2012 Women	
	Automatic	Provisional	Automatic	Provisional
60 Meters	7.07	7.27	7.98	8.20
60 Hurdles	8.73	9.14	9.29	9.78
200 Meters	22.53	23.22	25.75	26.69
400 Meters	50.25	51.07	58.58	1:00.67
800 Meters	1:56.04	1:59.81	2:17.31	2:21.14
Mile	4:19.79	4:25.22	5:07.45	5:25.79
3000 Meters	8:59.85	9:10.86	10:45.30	11:10.67
5000 Meters	15:31.59	15:56.43	18:37.15	19:26.30
4x400 Relay	No mark required			
Distance Medley	No mark required			
High Jump	1.85 – 6-0 ¾	1.76 – 5-9 ¼	1.61 – 5-3 ¼	1.46 – 4-9 ½
Pole Vault	4.35 – 14-3 ¼	3.88 – 12-8 ¾	3.36 – 11-0 ¼	2.91 – 9-6 ½
Long Jump	6.86 – 22-6 ¼	6.30 – 20-8	5.35 – 17-6 ¾	4.96 – 16-3 ¼
Triple Jump	13.95 – 45-9 ¼	12.07 – 39-7 ¼	11.15 – 36-7	10.27 – 33-8 ½
Shot Put	14.86 – 48-9	13.59 – 44-7	12.48 – 40-11 ½	11.02 – 36-2
Weight Throw (35/20)	15.21 – 49-11	13.11 – 43-0 ¼	14.70 – 48-2 ¾	12.29 – 40-4
Heptathlon/Pentathlon	None	*Top 12	None	*Top 12

*Multi-event field limited to 12 entries. Each team will be allowed one free entry in heptathlon and one in pentathlon. Best season marks will determine other multi-event qualifiers. Thus if six athletes are entered as free entries, six positions will be available based on marks.

Note: Each team is allowed two free entries in each gender (may not be used in multi-events). No mark is required in the 4x400 or distance medley relay. Marks posted in the 3,000 meters will be converted for consideration for entry in the 5,000 meters.

National Qualifying

Event	2012 Men		2012 Women	
	Automatic	Provisional	Automatic	Provisional
55 Meters	6.27@	6.47@	6.91@	7.22@
60 Meters	6.75@	6.95@	7.44@	7.75@
55 Hurdles	7.43@	7.72 @	7.86@	8.38@
60 Hurdles	7.96@	8.25@	8.43@	8.95@
200 Meters				
Under 200m	21.86	22.40	24.66	25.70
200m Flat	21.66	22.20	24.46	25.50
200m Banked	21.36	21.90	24.16	25.20
Over 200m	21.26	21.80	24.06	25.10
400 Meters				
Under 200m	48.08	49.55	55.72	58.10
200m Flat	47.78	49.25	55.42	57.80
200m Banked	47.38	48.85	55.12	57.50
Over 200m	47.28	48.75	55.02	57.40
800 Meters				
Under 200m	1:51.80	1:54.60	2:11.13	2:16.60
200m Flat	1:51.40	1:54.20	2:10.83	2:16.30
200m Banked	1:50.90	1:53.70	2:10.53	2:16.00
Over 200m	1:50.80	1:53.60	2:10.43	2:15.90
Mile				
Under 200m	4:06.90	4:15.30	4:52.40	5:03.10
200m Flat	4:06.40	4:14.80	4:51.90	5:02.60
200m Banked	4:05.60	4:14.00	4:51.30	5:02.00
Over 200m	4:05.20	4:13.60	4:50.90	5:01.60
5000 Meters				
Under 200m	14:10.30	14:49.70	16:39.30	17:37.30
200m Flat	14:07.80	14:47.20	16:36.80	17:34.80
200m Banked	14:05.60	14:45.00	16:35.00	17:33.00
Over 200m	14:04.60	14:44.00	16:34.30	17:32.30

4x400 Relay				
Under 200m	3:14.80	3:21.60	3:47.40	3:58.50
200m Flat	3:13.30	3:20.10	3:45.90	3:57.00
200m Banked	3:11.70	3:18.50	3:44.70	3:55.80
Over 200m	3:11.30	3:18.10	3:44.30	3:55.40
Distance Medley				
Under 200m	9:53.70	10:11.10	11:41.60	12:20.20
200m Flat	9:52.60	10:10.00	11:40.10	12:18.70
200m Banked	9:50.20	10:07.60	11:38.40	12:17.00
Over 200m	9:49.30	10:06.70	11:37.50	12:26.10
High Jump	2.14 – 7-0 ¹ / ₄	2.04 - 6-8 ¹ / ₄	1.76 – 5-9 ¹ / ₄	1.67 - 5-5 ³ / ₄
Pole Vault	5.09 – 16-8 ¹ / ₄	4.75 – 15-7	3.98 – 13-0 ³ / ₄	3.50 - 11-5 ³ / ₄
Long Jump	7.54 – 24-9	7.10 – 23-3 ¹ / ₂	5.91 – 19-4 ³ / ₄	5.55 - 18-2 ¹ / ₂
Triple Jump	15.49 – 50-10	14.30 – 46-11	12.17 – 39-11 ¹ / ₄	11.50 – 37-8 ³ / ₄
Shot Put	18.18 – 59-7 ³ / ₄	15.90 – 52-2	14.97 – 49-1 ¹ / ₂	13.40 – 43-11 ³ / ₄
Weight Throw (35/20)	20.14 – 66-1	17.50 - 57-5	18.63 – 61-1 ¹ / ₂	16.10 – 52-10
Heptathlon/Pentathlon	5192	4,600	3,813	3,300

Northwest Tracks: UW – Over 200 meter flat; WSU – 200 meter flat; Idaho – Over 200 meter flat; EWU – 200 meter flat. Nampa – 200 meter banked.

@ - Add .04 seconds to times attained at altitude of 6,000 feet and above and .02 seconds to times attained at altitude of 3,000 to 5,999 feet. Altitude adjustment available for 800, mile and 5,000.