



2009 NJCAA Outdoor Track and Field Championships



2009 Division I Qualifying Standards

As Per 2008-2009 NJCAA Hand Book (Page 148)

MEN'S QUALIFYING STANDARDS

100-Meter Dash	10.73
200-Meter Dash	21.69
400-Meter Dash	48.35
800-Meter Run	1:55.54
1,500-Meter Run	4:00.43
5,000-Meter Run	15:32.33
10,000-Meter Run	33:33.29
3,000-Meter Steeplechase	9:58.00
110-Meter hurdles	14.79
400-Meter Intermediate Hurdles	55.29
4x100-Meter Relay	42.22
4x400-Meter Relay	3:18.18
4x800-Meter Relay	8:02.60
High jump	2.00 meters (6-6 3/4)
Long jump	7.17 meters (23-6 1/4)
Triple jump	14.32 meters (46-11 3/4)
Shot put	14.92 meters (48-11 1/2)
Discus	45.02 meters (147-8)
Hammer	47.53 meters (155-11)
Javelin	55.18 meters (181-0)
Pole Vault	4.50 meters (14-9)

WOMEN'S QUALIFYING STANDARDS

100-Meter Dash	12.07
200-Meter Dash	24.76
400-Meter Dash	57.10
800-Meter Run	2:22.73
1,500-Meter Run	5:04.22
5,000-Meter Run	19:17.76
10,000-Meter Run	41:24.53
3,000-Meter Steeplechase	12:48.50
100-Meter hurdles	15.05
400-Meter Intermediate Hurdles	1:09.10
4x100-Meter Relay	50.15
4x400-Meter Relay	4:06.09
4x800-Meter Relay	10:05.55
High jump	1.60 meters (5-3)
Long jump	5.51 meters (18-1)
Triple jump	11.13 meters (36-6 1/4)
Shot put	12.47 meters (40-11)
Discus	37.75 meters (123-10)
Hammer	41.11 meters (134-10)
Javelin	36.42 meters (119-6)
Pole Vault	2.97 meters (9-9)

Decathlon/Heptathlon Qualifiers

The competitive fields in the heptathlon and decathlon will be fixed at 16 individuals. These 16 competitors will be selected from the rank order list of all names and scores (from actual meet event) submitted for consideration by the deadline date. The 16 individuals with the highest rankings will be invited. Should any invited athlete choose not to compete, the next highest ranking individual will be invited. The process will continue until the field of 16 is complete.