

MEN'S TRACK AND FIELD GUIDELINES

	NCAA DIVISION 1	NCAA DIVISION 2
55M (Indoor)	6.45 - 6.75	6.55 - 7.45
60M (Indoor)	6.70 - 7.30	6.90 - 7.85
60M H (Indoor)	7.80 - 8.40	7.95 - 8.80
300M (Indoor)	34.20 - 35.80	34.99 - 38.00
500M (Indoor)	1:05.2 - 1:09.5	1:07.2 - 1:11.00
600M (Indoor)	121.00 - 125.00	123.00 - 129.00
1000M (Indoor)	2:28.3 - 2:34.2	2:32.3 - 2:39.2
3000M (Indoor)	7:55.2 - 8:05.2	7:56.2 - 8:08.2
110M HH	13.85 - 14.85	14.35 - 16.00
300M IH	36.00 - 40.10	38.30 - 45.10
400M IH	50.80 - 56.3	52.80 - 61.3
100M	10.20 - 11.20	10.50 - 11.60
200M	20.88 - 22.90	22.55 - 24.50
400M	45.90 - 51.90	47.40 - 54.50
800M	1:49.5 - 1:57.0	1:53.5 - 2:00.0
1500M	3:45.0 - 4:05.5	4:05.0 - 4:30.5
1600M	4:05.5 - 4:23.5	4:14.5 - 4:35.5
3200M	8:49.4 - 9:32.30	9:02.4 - 9:50.30
5k/ XC	14:22 - 16:25	15:55 - 16:59
3000M Steeple	8:49.9- 9:55	9:37.4- 10:25.0
High Jump	6'4" - 7'0"	6'0" - 6'10"
Long Jump	22'0" - 26'0"	20'0" - 24'0"
Triple Jump	42'0" - 52'0"	38'0" - 49'0"
Shot Put	53'0" - 63'0"	47'0" - 57'0"
Discus	165'0" - 190'0"	150'0" - 170'0"
Javelin	190'0" - 230'0"	150'0" - 205'0"
Hammer	165'0" - 200'0"	150'0" - 195'0"
Pole Vault	14'5" - 17'5"	14'0" - 15'8"
Decathlon	6,000 - 7,500	6,000 - 7,500