

WOMEN'S TRACK AND FIELD GUIDELINES

	NCAA DIVISION 1	NCAA DIVISION 2
55M (Indoor)	6.99 - 7.50	7.30 - 7.90
60M (Indoor)	7.45 - 8.00	7.40 - 8.80
60M HH (Indoor)	8.30 - 8.95	8.40 - 10.4
300M (Indoor)	39.9 - 42.3	40.8 - 43.50
500M (Indoor)	1:16.0 - 1:19.9	1:18.2 - 1:22.2
600M (Indoor)	1:35.0 - 1:37.2	1:36.2 - 1:41.3
1000M (Indoor)	2:54.1 - 2:59.2	2:56.3 - 3:05.4
3000M (Indoor)	9:19.3 - 9:26.3	9:23.3 - 9:39.5
100M HH	13.45 - 15.20	14.20 - 17.0
300M IH	41.1 - 46.9	45.0 - 50.0
400M IH	58.0 - 67.1	61.2 - 68.0
100M	11.5 - 12.8	12.3 - 13.8
200M	23.6 - 27.0	24.9 - 29.4
400M	53.9 - 61.0	55.0 - 66.5
800M	2:06 - 2:25	2:10 - 2:37.0
1500M	4:17 - 5:29	4:34.0 - 5:20.0
1600M	4:44 - 5:25	5:06.0 - 6:12.0
3200M	10:19 - 11:45	10:35 - 12:25
5k/ XC	17:00 - 19:00	18:10 - 20:00
3000M Steeple	10:17.0 - 12:10.0	11:30 - 12:55
High Jump	5'1" - 6'0"	4'11" - 5'8"
Long Jump	17'10" - 20'5"	14'10" - 19'0"
Triple Jump	39'0" - 44'5"	32'0" - 40'0"
Shot Put	44'0" - 55'0"	38'0" - 47'0"
Discus	145'0" - 175'0"	110'0" - 150'0"
Javelin	135'0" - 155'0"	125'0" - 145'0"
Hammer	160'0" - 195'0"	140'0" - 175'0"
Pole Vault	11'4" - 13'7"	9'0" - 12'3"
Heptathlon	4000 - 5500	3500 - 4800