

2009 Minimum Qualifying Standards for the Conference Track Meet

Event	Women	Men
Shot Put	35' 8 ¼" (10.87)	45' 1 ¼" (13.74)
Discus	116' 6 ¼" (35.50)	133' 03" (40.61)
Javelin	115' 6 ½" (35.20)	183' 11 ½" (56.08)
Hammer	119' 1 ¼" (36.30)	146' 3 ¾" (44.60)
Long Jump	16' 6" (5.03)	21' 3 ¾" (6.50)
Triple Jump	33' 1" (10.08)	43' 0 ¼" (13.11)
High Jump	4' 10" (1.48)	6' 2 ¾" (1.90)
Pole Vault	10' 01" (3.07)	13' 8" (4.16)
Decathlon/Heptathlon	3000	5000
100 Meters	12.89	11.21
200 Meters	26.77	22.57
400 Meters	1:02.21	50.69
800 Meters	2:31.28	1:57.92
1500 Meters	5:22.35	4:06.75
3000 M Steeplechase	13:35.31	10:14.50
5000 Meters	20:18.28	15:58.05
10,000 Meters	45:23.53	35:04.20
100 m / 110 M High Hurdles	16.75	16.10
400 M Intermediate Hurdles	1:10.92	57.24
4 x 100 Relay	53.15	44.91
4 x 400 Relay	4:23.95	3:27.14