

2008 Minimum Qualifying Standards for the Conference Track Meet

Event	Women	Men
Shot Put	35' 9 ¼" (10.90)	45' 8" (13.92)
Discus	116' 4 ¾" (35.48)	133' 01" (40.57)
Javelin	120' 6 ¾" (36.75)	188' 3 ½" (57.40)
Hammer	118' 5 ¾" (36.12)	143' 9 ¾" (43.84)
Long Jump	16' 4 ½" (4.99)	21' 9 ½" (6.65)
Triple Jump	33' 4" (10.16)	43' 5 ¼" (13.24)
High Jump	4' 10" (1.48)	6' 2" (1.88)
Pole Vault	9' 5 ½" (2.89)	13' 9" (4.20)
Decathlon/Heptathlon	3000	5000
100 Meters	13.02	11.26
200 Meters	26.95	22.55
400 Meters	1:02.83	50.21
800 Meters	2:30.60	1:57.10
1500 Meters	5:23.04	4:06.28
3000 M Steeplechase	13:35.31	10:15.23
5000 Meters	20:24.26	15:56.33
10,000 Meters	45:07.59	34:51.65
100 m / 110 M High Hurdles	16.95	16.19
400 M Intermediate Hurdles	1:10.92	57.80
4 x 100 Relay	52.73	43.00
4 x 400 Relay	4:16.90	3:25.83