

## 2010 Minimum Qualifying Standards for the Conference Track Meet

Event	Women	Men
Shot Put	37' 3/4" (11.30)	44' 7" (13.59)
Discus	118' 1/4" (35.97)	130' 2 3/4" (39.69)
Javelin	114' 5" (34.87)	182' 7 1/2" (55.66)
Hammer	120' 8 3/4" (36.80)	147' 10 1/4" (45.06)
Long Jump	16' 5" (5.00)	21' 2" (6.45)
Triple Jump	33' 6 1/4" (10.22)	42' 10 1/4" (13.06)
High Jump	4' 9 1/2" (1.46)	6' 2" (1.88)
Pole Vault	9' 10" (2.99)	14' 1" (4.29)
Decathlon/Heptathlon	3000	5000
100 Meters	12.95	11.20
200 Meters	26.67	22.60
400 Meters	1:01.85	50.77
800 Meters	2:31.95	1:57.90
1500 Meters	5:18.64	4:07.00
3000 M Steeplechase	13:35.31	10:15.40
5000 Meters	20:05.40	15:58.25
10,000 Meters	44:19.73	35:15.48
100 m / 110 M High Hurdles	16.49	15.98
400 M Intermediate Hurdles	1:11.38	57.55
4 x 100 Relay	53.48	44.93
4 x 400 Relay	4:32.29	3:27.70