2016 GNAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.61	10.31	**100 Meters**	12.47	11.99	11.54
22.27	21.50	20.70	**200 Meters**	25.59	24.53	23.60
49.04	47.94	46.56	**400 Meters**	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	**800 Meters**	2:14.38	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	**1,500 Meters**	4:33.30	4:34.00	4:23.50
15:01.60	14:37.45	13:57.77	**5,000 Meters**	17:17.78	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	**10,000 Meters**	38:06.30	36:56.20	34:33.97
15.24	14.50	13.90	**110/100m Hurdles**	14.86	14.30	13.30
54.84	53.48	50.50	**400m Hurdles**	1:05.11	1:02.40	58.95
9:18.42	9:17.00	8:52.70	**Steeplechase**	11:23.06	11:05.00	10:27.15
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	**High Jump**	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.26 / 13-11.75	4.76 / 15-7.25	5.20 / 17-0.75	**Pole Vault**	3.35 / 10-11.75	3.61 / 11-10	4.00 / 13-1.5
6.89 / 22-7.25	7.22 / 23-8.25	7.65 / 25-1.25	**Long Jump**	5.43 / 17-9.75	5.76 / 18-10.75	6.15 / 20-2.25
13.93 / 45-8.5	14.56 / 47-9.25	15.77 / 51-9	**Triple Jump**	11.42 / 37-5.25	11.75 / 38-6.75	12.70 / 41-8
14.98 / 49-1.75	15.95 / 52-4	18.39 / 60-4	**Shot Put**	12.56 / 41-2.5	13.53 / 44-4.75	15.73 / 51-7.25
47.14 / 154-8	49.35 / 161-11	55.60 / 182-5	**Discus**	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
49.48 / 162-4	53.60 / 175-10	66.00 / 216-6	**Hammer**	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	**Javelin**	40.81 / 133-10	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	**Dec./Hep.**	4,381	4,442	5,180

GNAC Championships: The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

NCAA Championships: Manual time conversions for standards in steeplechase, 5,000 meters and 10,000 meters along with information on altitude conversions can be found online: http://www.ncaa.org/sites/default/files/2016_DIIOutdoorTF_QualifyingStandards.pdf.

Updated Dec. 10, 2015