

# 2011 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

## QUALIFYING STANDARDS & ACCOMPANYING INFORMATION

<b>MEN</b>	<b>FAT/Mark</b>	<b>Hand Time</b>	<b>WOMEN</b>	<b>FAT/Mark</b>	<b>Hand Time</b>
100m	11.00	--	100m dash	12.30	--
110m Hurdles	15.35	--	100m hurdles	14.84	--
200m	22.18	--	200m dash	25.04	--
400m	49.04	48.8	400m dash	57.24	57.0
400m Hurdles	55.64	55.4	400m hurdles	1:04.14	1:03.9
800m	1:52.54	1:52.3	800m run	2:14.04	2:13.8
1,500m	3:55.24	3:55.0	1,500m run	4:38.44	4:38.2
3,000m Steeplechase	9:25.24	9:25.0	3,000m Steeplechase	11:10.24	11:10.0
5,000m run	14:47.14	14:46.9	5,000m run	17:37.54	17:37.3
10,000m run	31:00.64	31:00.4	10,000m run	37:03.74	37:03.5
Long Jump	6.90m	--	Long Jump	5.60m	--
Triple Jump	14.00m	--	Triple Jump	11.28m	--
High Jump	1.98m	--	High Jump	1.68m	--
Pole Vault	4.55m	--	Pole Vault	3.45m	--
Shot Put	14.75m	--	Shot Put	12.75m	--
Discus	44.50m	--	Discus	40.00m	--
Javelin	54.00m	--	Javelin	36.00m	--
Hammer Throw	49.00m	--	Hammer Throw	46.00m	--
4x100m Relay	- NT -	- NT -	4x100m Relay	- NT -	- NT -
4x400m Relay	- NT -	- NT -	4x400m Relay	- NT -	- NT -
4x800m Relay	- NT -	- NT -	4x800m Relay	- NT -	- NT -

### **ADDITIONAL RELAY INFORMATION:**

- No qualifying standards exist for ANY Outdoor Relay (4x100m, 4x400m & 4x800m).
- Institutions may enter one (1) male and one (1) female team per relay.
- Each institution will have all available outdoor relays automatically entered regardless if they have a seedtime or not. At the technical meeting on the Friday evening of the championship, a 'relay declaration form' will be distributed to each head coach. Only the head coach may verify what relay event(s) their respective institution/team will be competing in. Once all 'relay event declaration forms' are submitted/collected, the seeding committee will reconvene and seed the relay events based on the declared institutions. The final seeding of the relay events will be made available online to coaches in a timely manner that same evening.