

2010 OUTDOOR QUALIFYING STANDARDS

WOMEN'S	OAC A	OAC B	NCAA AUTO	NCAA PROV
100	13.11	13.48	12.00	12.30
200	27.34	27.50	24.57	25.25
400	1:02.43	1:03.58	55.70	57.30
800	2:24.60	2:28.42	2:11.00	2:15.00
1500	5:02.57	5:07.15	4:31.00	4:38.50
3000 SC	12:37.36	14:22.92	10:39.00	11:13.00
5000	19:23.31	19:51.32	16:55.00	17:35.00
10000	42:53.34	47:29.65	35:48.00	37:30.00
110 H	16.27	16.95	14.30	14.99
400 H	1:11.43	1:14.68	1:02.00	1:04.20
4 X 100	AUTO		47.15	48.65
4 X 400	AUTO		3:50.10	3:56.60
HJ	1.51 <i>4-11.50</i>	1.47 <i>4-09.75</i>	1.71 <i>5-07.25</i>	1.65 <i>5-05.00</i>
PV	3.00 <i>9-11.00</i>	2.56 <i>8-04.75</i>	3.86 <i>12-08.00</i>	3.55 <i>11-07.75</i>
LJ	5.02 <i>16-05.75</i>	4.86 <i>15-11.50</i>	5.83 <i>19-01.50</i>	5.55 <i>18-02.50</i>
TJ	10.15 <i>33-03.75</i>	9.44 <i>30-11.75</i>	12.00 <i>39-04.50</i>	11.36 <i>37-03.25</i>
SP	11.18 <i>36-08.25</i>	10.28 <i>33-08.75</i>	14.20 <i>46-07.25</i>	12.90 <i>42-04.00</i>
DT	34.03 <i>111-07</i>	32.43 <i>106-04</i>	47.00 <i>154-02</i>	41.50 <i>136-02</i>
JT	31.64 <i>103-10</i>	28.29 <i>92-09</i>	44.20 <i>145-00</i>	39.00 <i>127-11</i>
HT			53.00 <i>173-11</i>	46.92 <i>153-11</i>
HEP			4575	4100