

2012 OAC INDOOR TRACK & FIELD QUALIFYING STANDARDS

EVENT	MEN	WOMEN
55	6.83	7.92
60	7.38	8.47
200	24.04	28.93
55HH	9.01	10.51
60HH	9.56	11.06
400	53.13	1:06.36
500	1:11.02	1:28.84
800	2:03.63	2:32.90
1000	2:42.40	3:23.98
MILE	4:36.13	5:39.25
3000	9:18.51	11:34.39
5000	16:22.11	20:24.30
4 X 200	AUTO	AUTO
4 X 400	AUTO	AUTO
DMR	AUTO	AUTO
HJ	1.65 (5-05.00)	1.33 (4-04.25)
PV	3.16 (10-04.25)	2.25 (7-04.50)
LJ	5.86 (19-02.75)	4.51 (14-09.50)
TJ	11.22 (36-09.75)	8.64 (28-04.25)
SP	12.43 (40-09.50)	9.69 (31-09.50)
WT	9.04 (29-08.00)	7.93 (26-00.25)