

**2022 NCAA DIVISION II OUTDOOR TRACK AND FIELD  
MEN'S PROVISIONAL STANDARDS  
(SEA LEVEL)**

<b>Event</b>	<b>FAT</b>
100 Meters	10.55
200 Meters	21.26
400 Meters	47.78
800 Meters	1:51.64
1500 Meters	3:49.99
3000 Meter Steeplechase	9:13.44
5000 Meters	14:25.65
10,000 Meters	30:35.82
110 Meter Hurdles	14.49
400 Meter Hurdles	53.29
4 x 100 Meter Relay	41.06
4 x 400 Meter Relay	3:14.05

	<b>METRIC</b>
High Jump	2.05
Pole Vault	4.82
Long Jump	7.26
Triple Jump	14.71
Shot Put	16.67
Discus Throw	50.45
Hammer Throw	56.86
Javelin Throw	58.38
Decathlon	6420

**IMPORTANT NOTES:**

**Altitude Conversions**

Altitude adjustments are available for all running events. Information regarding altitude adjustments can be found online at [www.NCAA.org](http://www.NCAA.org) (Division II Championships, Division II Outdoor Track and Field).

**Event Conversions**

Below are the permissible event conversions for NCAA outdoor track and field. The Standardized Track Event Conversion Factors will be used to convert times for the non-championship events listed below to determine whether times achieved meet the qualifying standards noted above. The Standardized Track Event Conversion Factors can be found online at [www.NCAA.org](http://www.NCAA.org) (go to Division II Championships, Division II Outdoor Track and Field).

Mile to 1500 meters

4x110 yard relay to 4x100 meter relay

Mile Relay to 4x400 meter relay

**2022 NCAA DIVISION II OUTDOOR TRACK AND FIELD  
WOMEN'S PROVISIONAL STANDARDS  
(SEA LEVEL)**

<b>Event</b>	<b>FAT</b>
100 Meters	11.86
200 Meters	24.38
400 Meters	55.98
800 Meters	2:12.24
1500 Meters	4:32.67
3000 Meter Steeplechase	11:00.95
5000 Meters	17:08.52
10,000 Meters	36:36.59
100 Meter Hurdles	14.21
400 Meter Hurdles	1:02.03
4 x 100 Meter Relay	46.75
4 x 400 Meter Relay	3:48.62

	<b>METRIC</b>
High Jump	1.68
Pole Vault	3.75
Long Jump	5.82
Triple Jump	11.94
Shot Put	13.99
Discus Throw	45.90
Hammer Throw	52.43
Javelin Throw	41.92
Heptathlon	4516

**IMPORTANT NOTES:**

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**Event Conversions**

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- Mile to 1500 meters
- 4x110 yard relay to 4x100 meter relay
- Mile Relay to 4x400 meter relay