

**2024 NCAA DIVISION II OUTDOOR TRACK AND FIELD
MEN'S PROVISIONAL STANDARDS
(SEA LEVEL)**

Event	FAT
100 Meters	10.50
200 Meters	21.21
400 Meters	47.74
800 Meters	1:51.23
1500 Meters	3:48.91
3000 Meter Steeplechase	9:12.31
5000 Meters	14:21.69
10,000 Meters	30:19.08
110 Meter Hurdles	14.44
400 Meter Hurdles	53.27
4 x 100 Meter Relay	40.91
4 x 400 Meter Relay	3:13.85

	METRIC
High Jump	2.04
Pole Vault	4.83
Long Jump	7.30
Triple Jump	14.69
Shot Put	16.64
Discus Throw	50.50
Hammer Throw	57.01
Javelin Throw	58.47
Decathlon	6331

IMPORTANT NOTES:

Altitude Conversions

Altitude adjustments are available for all running events. Information regarding altitude adjustments can be found online at 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 (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

**2024 NCAA DIVISION II OUTDOOR TRACK AND FIELD
WOMEN'S PROVISIONAL STANDARDS
(SEA LEVEL)**

Event	FAT
100 Meters	11.81
200 Meters	24.26
400 Meters	55.93
800 Meters	2:11.87
1500 Meters	4:31.00
3000 Meter Steeplechase	11:02.99
5000 Meters	17:03.78
10,000 Meters	36:21.84
100 Meter Hurdles	14.22
400 Meter Hurdles	1:02.36
4 x 100 Meter Relay	46.71
4 x 400 Meter Relay	3:49.10

	METRIC
High Jump	1.67
Pole Vault	3.77
Long Jump	5.84
Triple Jump	11.97
Shot Put	13.81
Discus Throw	45.21
Hammer Throw	52.58
Javelin Throw	41.98
Heptathlon	4504

IMPORTANT NOTES:

Altitude Conversions

Altitude adjustments are available for all running events. Information regarding altitude adjustments can be found online at 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 (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