

**2025 NCAA DIVISION II OUTDOOR TRACK AND FIELD  
MEN'S PROVISIONAL STANDARDS  
(SEA LEVEL)**

<b>Event</b>	<b>FAT</b>
100 Meters	10.47
200 Meters	21.17
400 Meters	47.66
800 Meters	1:51.02
1500 Meters	3:48.16
3000 Meter Steeplechase	9:11.00
5000 Meters	14:17.53
10,000 Meters	30:03.95
110 Meter Hurdles	14.39
400 Meter Hurdles	53.15
4 x 100 Meter Relay	40.80
4 x 400 Meter Relay	3:13.28

	<b>METRIC</b>
High Jump	2.05
Pole Vault	4.85
Long Jump	7.32
Triple Jump	14.70
Shot Put	16.59
Discus Throw	50.51
Hammer Throw	57.13
Javelin Throw	58.93
Decathlon	6294

**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

**2025 NCAA DIVISION II OUTDOOR TRACK AND FIELD  
WOMEN'S PROVISIONAL STANDARDS  
(SEA LEVEL)**

<b>Event</b>	<b>FAT</b>
100 Meters	11.76
200 Meters	24.18
400 Meters	55.70
800 Meters	2:11.62
1500 Meters	4:30.17
3000 Meter Steeplechase	11:00.51
5000 Meters	16:59.79
10,000 Meters	36:12.34
100 Meter Hurdles	14.18
400 Meter Hurdles	1:02.10
4 x 100 Meter Relay	46.50
4 x 400 Meter Relay	3:48.34

	<b>METRIC</b>
High Jump	1.68
Pole Vault	3.79
Long Jump	5.86
Triple Jump	11.99
Shot Put	13.90
Discus Throw	45.24
Hammer Throw	52.80
Javelin Throw	42.12
Heptathlon	4564

**IMPORTANT NOTES:**

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**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