

GNAC and NCAA T&F Outdoor Qualifying Marks

Men

Event	2012 GNAC		2012 NCAA	
	Automatic	Provisional	Automatic	Provisional
100	10.97	11.31	10.34	10.60
200	22.40	22.87	20.87	21.45
400	49.85	50.69	46.46	48.00
800	1:53.49	1:56.92	1:49.89	1:52.55
1500	3:55.57	4:02.01	3:45.30	3:52.50
Steeplechase	9:18.42	10:02.24	8:56.00	9:20.00
5000	14:50.37	15:33.94	14:00.30	14:35.00
10,000	31:42.93	33:03.35	29:21.20	30:40.00
110 Hurdles	15.48	17.84	14.12	14.65
400 Hurdles	55.71	57.15	51.82	53.60
4x100 Relay	Mark Required		40.18	41.20
4x400 Relay	Mark Required		3:09.00	3:15.00
High Jump	1.92 – 6-3 ½	1.83 – 6-0	2.16 – 7-1	2.05 – 6-8 ¾
Pole Vault	4.30 – 14-1 ¼	4.10 – 13-5 ¼	5.13 – 16-10	4.80 – 15-9
Long Jump	6.61 – 21-8 ¼	6.21 – 20-4 ½	7.54 – 24-9	7.15 – 23-5 ½
Triple Jump	13.75 – 45-1 ¼	12.87 – 42-2 ¾	15.65 – 51-4 ¼	14.50 – 47-7
Shot Put	14.82 – 48-7 ½	13.50 – 44-3 ½	17.91 – 58-9 ¼	16.10 – 52-10
Discus	47.14 – 154-8	40.52 – 132-11	55.10 – 180-9	49.50 – 162-5
Hammer	48.57 – 159-4	42.38 – 139-0	62.98 – 206-7	55.50 – 182-1
Javelin	55.94 – 183-6	50.08 – 164-3	65.02 – 213-4	59.00 – 193-7
Decathlon	5,805	4,819	6,976	6,300

Women

Event	2012 GNAC		2012 NCAA	
	Automatic	Provisional	Automatic	Provisional
100	12.43	12.88	11.54	11.95
200	25.77	26.65	23.78	24.55
400	57.56	1:00.08	54.64	56.30
800	2:13.13	2:18.82	2:09.36	2:14.00
1500	4:35.28	4:58.51	4:27.70	4:36.00
3000 Steeplechase	11:40.28	12:28.24	10:35.00	11:10.00
5000	18:25.47	19:17.18	16:20.00	17:20.00
10,000	38:31.56	41:57.29	34:58.20	36:40.00
100 Hurdles	14.71	15.79	13.61	14.40
400 Hurdles	1:05.28	1:08.11	59.72	1:02.50
4x100 Relay	Mark Required		45.69	47.20
4x400 Relay	Mark Required		3:42.30	3:50.00
High Jump	1.61 – 5-3 ¼	1.52 – 5-0	1.75 – 5-8 ¾	1.68 – 5-6
Pole Vault	3.35 – 11-0	2.91 – 9-6 ½	3.96 – 12-11 ¾	3.55 – 11-7 ¾
Long Jump	5.35 – 17-6 ¾	5.02 – 16-5 ½	6.01 – 19-8 ¾	5.65 – 18-6 ½
Triple Jump	11.31 – 37-1 ¼	10.63 – 34-10 ½	12.42 – 40-9	11.65 – 38-2 ¾
Shot Put	12.24 – 40-2	11.00 – 36-1	14.83 – 48-8	13.40 – 43-11 ¾
Javelin	42.14 – 138-3	36.21 – 118-9	45.73 – 150-0	40.00 – 131-2
Discus	39.82 – 130-7	36.06 – 118-3	48.86 – 160-3	43.30 – 142-0
Hammer	46.40 – 152-2	39.36 – 129-1	56.20 – 184-4	49.50 – 162-5
Heptathlon	4,263	3,328	5,069	4,400

Note: Each team is allowed a free entry in the decathlon and heptathlon. No mark is required. Each team is also allowed two additional free entries in each gender. Athletes with provisional marks will be allowed into the meet if they are among the Top 16 declared athletes into the championship. There is no qualifying standard in the relays, but number of entries (based on season best marks) will be based on the number of available lanes. A mark is required.