



2009 ECAC DIII Outdoor Track & Field Championships

Hosted by Springfield College

Thursday-Friday, May 14-15, 2009

Outdoor Track & Field Qualifying Standards

Women

100m	12.80
100 Hurdles	16.34
200m	26.30
400m	60.00
400 Hurdles	1:06.30
800m	2:19.50
1500m	4:48.00
3000m Steeple	12:00.24
5000m	18:45.00
10000m	40:30.00
400m Relay	51.00
1600m Relay	4:10.00
Long Jump	5.25m/ 17'2 3/4"
Triple Jump	11.00m/ 36'1 1/4"
Shot Put	11.60m/ 38' 3/4"
Discus	35.25m/ 115'7
Javelin	35.00m/ 114' 10
Hammer	43.50m/ 142' 8"
High Jump	1.58m/ 5'2 1/4"
Pole Vault	3.25m/ 10' 8"
Heptathlon	3400pts

Men

100m	11.10
110 Hurdles	15.76
200m	22.45
400m	50.20
400 Hurdles	56.60
800m	1:55.20
1500m	4:01.85
3000m Steeple	9:47.00
5000m	15:15.00
10000m	32:25.00
400m Relay	44.00
1600m Relay	3:26.50
Long Jump	6.65m/ 21'10"
Triple Jump	13.70m/ 44' 11.5"
Shot Put	14.25m/ 46'9"
Discus	42.60m/ 139'9"
Javelin	54.60m/179' 1"
Hammer	47.50m/ 155' 10"
High Jump	1.90m/ 6'2 3/4"
Pole Vault	4.35m/ 14'3 1/4'
Decathlon	5450m