

MIT Women's Indoor Standards 2009 (revised 10-15-09)

() = Banked track times

EVENT	DIII NE's	All-NE's	ECAC DIII	NCAA-PROV	NCAA-AUTO
55m	7.90	7.40	7.54	7.30	7.14
60m	-----	-----	-----	7.82	7.66
55mH	9.61	8.80	9.04	8.53	8.25
60mH		-----	-----	9.11	8.83
200m	27.90	26.08	27.04	-----	-----
400m	64.18	59.44	60.84	58.70 (58.30)	56.75 (56.35)
500m	-----	1:20.00	1:23.74	-----	-----
600m	1:45.18	1:37.50	1:42.94	-----	-----
800m	2:28.86	2:19.24	2:22.74	2:16.50 (2:16.00)	2:13.50 (2:13.00)
1000m	3:13.72	3:03.24	3:11.24	-----	-----
1500m	5:32.24	4:48.24	5:17.04	-----	-----
Mile	5:32.24	5:08.24	5:17.04	5:05.00 (5:04.10)	4:55.00 (4:54.10)
3000m	10:58.80	10:24.24	10:51.54	-----	-----
5000m	19:17.42	18:20.64	18:48.24	17:42.00 (17:38.70)	17:10.00 (17:06.70)
4x200	Open	-----	1:52.94	-----	-----
4x400	Open	Open	4:12.24	4:00.00 (3:58.40)	3:53.50 (3:51.90)
4x800	Open	Open	10:12.24	-----	-----
DMR	Open	Open	13:10.24	12:17.00 (12:14.50)	11:53.60 (11:51.10)
Long Jump	4.75m 15'-7"	5.40m 17'-8½"	5.00m 16'-4¾"	5.43m 17'-9¾"	5.70m 18'-8¼"
Triple Jump	9.91m 32'-6¼"	11.15 36"-7"	10.50m 34'-5½"	11.18m 36"-8¼"	11.75m 38'-6¾"
High Jump	1.50m 4'-11'	1.66m 5'-5¼"	1.58m 5'-2¼"	1.66m 5'-5¼"	1.71m 5'-7¼"
Pole Vault	2.59m 8'-6"	3.38m 11'-1"	3.05m 10'-0"	3.45m 11'-3¾"	3.75m 12'-3½"
Shot Put	10.67m 35'-0¼"	12.50m 41'-0¼"	11.58m 38'-0"	12.90m 42'-4"	14.00m 45'-11¼"
Weight	12.19m 42'-4¼"	14.94m 49'-0¼"	12.95m 42'-6"	15.35m 50'-4½"	17.00m 55'-9¼"
Pentathlon	2150	Top 12	2700	-----	-----

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Event	DIII NE's	All-NE's	ECAC DIII	NCAA-P	NCAA-A
100m	13.38	12.64	12.94	12.30	12.00
100mH	17.42	15.94	16.34	14.95	14.35
200m	27.35	26.14	26.44	25.25	24.57
400m	62.84	59.00	60.94	57.50	55.90
400mH	70.08	67.24	67.44	64.00	62.00
800m	2:22.50	2:17.24	2:20.94	2:14.40	2:11.00
1500m	4:53.91	4:45.24	4:54.94	4:39.00	4:32.50
Mile	5:20.24	5:05.24	-----	5:01.40	4:54.30
3kSteeple	12:40.51	11:30.24	12:00.24	11:13.00	10:44.00
5000m	18:56.48	18:10.24	19:00.00	17:35.00	16:55.00
10000m	41:57.64	40:24.24	41:00.24	37:25.00	35:48.00
4x100	Open	Open	52.44	48.65	47.30
4x400	Open	Open	4:11.24	3:56.60	3:49.60
4x800	Open	Open	-----	-----	-----
High Jump	1.50m 4'-11"	1.65m 5'-5"	1.60m 5'-3"	1.65m 5'-5"	1.71m 5'-7¼"
Long Jump	4.81m 15'-9¼"	5.33m 17'-5¾"	4.95m 16'-2¾"	5.47m 17'-11¼"	5.80 19'-0¼"
Triple Jump	10.05m 32'-11¾'	11.15m 36'-7"	10.65m 34'-11¼"	11.30m 37'-1"	12.00m 39'-4½"
Pole Vault	2.67m 8'-9"	3.38m 11'-1"	3.10m 10'-2"	3.50m 11'-5¾"	3.82m 12'-6¼"
Shot Put	10.52m 34'-6¼"	12.34m 40'-6"	11.50m 37'-8¾"	12.90m 42'-4"	14.20m 46'-7¼"
Hammer	39.62m 130'-0"	46.02m 151'-0"	41.00m 134'-6"	46.50m 152'-7"	52.60m 172'-7"
Javelin	31.42m 103'-1"	38.10m 125'-0"	35.00m 114'-10"	38.50m 126'-4"	44.20m 145'-0"
Discus	32.00m 105'-0"	38.91m 127'-8"	35.25m 115'-7"	42.50m 139'-5"	47.00m 154'-2"
Heptathlon	2700	Top 12	3500	4100	4600

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EVENT	DIII NE's	All-NE's	ECAC DIII	NCAA-PROV	NCAA-AUTO
55m	6.78	6.60	6.64	6.47	6.36
60m	-----	-----	-----	6.95	6.84
55mH	8.40	7.96	8.14	7.73	7.55
60mH	-----	-----	-----	8.27	8.09
200m	23.44	22.75	23.14	-----	-----
400m	52.0	50.54	50.94	49.68 (49.18)	48.76 (47.96)
500m	-----	1:06.74	1:08.24	-----	-----
600m	1:25.54	1:22.54	1:23.84	-----	-----
800m	2:00.0	1:56.70	1:58.24	1:54.85 (1:54.25)	1:52.80 (1:52.20)
1000m	2:38.00	2:30.24	2:26.24	-----	-----
1500m	-----	4:00.00	4:23.54	-----	-----
Mile	4:27.00	4:18.24	4:23.54	4:16.00 (4:15.00)	4:11.00 (4:10.00)
3000m	9:00.00	8:32.00	9:00.24	-----	-----
5000m	15:35.00	15:05.24	15:33.24	14:53.00 (14:49.40)	14:30.00 (14:26.40)
4x200	Open	-----	1:53.44	-----	-----
4x400	Open	3:24.24	3:28.54	3:20.60 (3:18.60)	3:16.80 (3:14.80)
4x800	Open	7:57.24	8:16.54	-----	-----
DMR	Open	Open	10:38.54	10:10.00 (10:07.00)	10:00.00 (9:57.00)
Long Jump	6.25m 20'-6¼"	6.81m 22'-4¼"	6.55m 21'-6"	6.96 22'-10"	7.24 23'-9"
Triple Jump	12.95m 42'-6"	13.84m 45"-5"	13.10m 42'-11¾"	14.05 46"-1¼"	14.65 48'-0¾"
High Jump	1.86m 6'-1¼"	1.99m 6'-6¼"	1.92m 6'-3½"	2.02m 6'-7½"	2.10m 6'-10¾"
Pole Vault	3.89m 12'-9"	4.50m 14'-9"	4.25m 13'-11¼"	5.06m 16'-7¼"	4.68m 15'-4¼"
Shot Put	13.26m 43'-6"	14.83 48'-8"	14.35m 47'-1"	15.50m 50'-10¼"	16.90m 55'-5½"
Weight	14.12m 46'-4"	15.85m 52'-0"	14.63m 48'-0"	16.55m 54'-3¾"	18.34m 60'-2"
Pent / Hept	2900/NA	Top 12	3000/NA	3400	N/A

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100m	11.40	11.14	11.18	10.78	10.55
110mH	16.50	15.74	15.84	14.90	14.42
200m	23.00	22.32	22.54	21.80	21.31
400m	51.50	49.54	50.74	48.50	47.40
400mH	58.40	56.24	57.44	54.30	52.65
800m	1:58.00	1:54.24	1:56.24	1:53.00	1:51.10
1500m	4:04:24	3:54.24	4:03.44	3:55.00	3:50.60
Mile	5:20.24	4:12.44	-----	4:13.80	4:09.00
Steeple	10:15.00	9:42.84	9:54.24	9:23.00	9:08.00
5000m	15:35.00	15:00.24	15:33.24	14:45.00	14:28.00
10000m	34:00.00	32:40.24	33:00.24	31:10.00	30:20.00
4x100	Open	43.80	44.64	41.90	41.00
4x400	Open	3:23.04	3:27.24	3:16.80	3:13.00
4x800	Open	7:57.24	-----	-----	-----
High Jump	1.50m 4'-11"	2.01m 6'-7"	1.90m 6'- 2¾"	2.02m 6'-7½"	2.11m 6'-11"
Long Jump	6.25m 20'-6¼"	6.88m 22'-7"	6.45m 21'-2"	7.00m 22'-11¼"	7:30m 23'-11½"
Triple Jump	12.80m 42'-0"	13.84m 45'-5"	13.10m 42'-11¾"	14.20m 46'-7¼"	14.80m 48'-6¾"
Pole Vault	3.89m 12'-9"	4.50m 14'-9"	4.20m 13'-9¼"	4.70m 15'-5"	5.04m 16'-6½"
Shot Put	13.26m 43'-6"	15.19m 49'-10"	14.25m 46'-9"	15.45m 50'-8¼"	17.00m 55'-9¼"
Hammer	44.50m 146'-0"	51.82 170'-0"	46.00m 150'-11"	52.00m 170'-7"	57.00m 187'-0"
Javelin	48.78m 160'-0"	57.00m 187'-0"	51.75m 169'-9"	57.50m 188'-8"	62.50m 205'-1"
Discus	39.01m 128'-0"	45.11m 148'-0"	42.60m 139'-9"	47.00m 154'-2"	51.50m 168'-11"
Decathlon	4700	Top 12	5450	6050	6600