

# AARTFC Qualifying Standards

## I. 2025 Indoor Track & Field Championships Qualifying Standards *(Approved 11/12/2024)*

	<b><u>Event</u></b>	<b><u>Men</u></b>	<b><u>Women</u></b>
1.	60 meters	7.02	8.05
2.	200 meters	22.50	26.50
3.	400 meters	50.30	1:00.50
4.	800 meters	1:57.50	2:23.00
5.	Mile	4:22.00	5:20.00
6.	3000 Meters	8:47.00	10:40.00
7.	5000 Meters	15:25.00	18:50.00
8.	60 High Hurdles	8.60	9.50
9.	Long Jump	6.65m	5.30m
10.	Triple Jump	13.40m	10.90m
11.	High Jump	1.92m	1.58m
12.	Pole Vault	4.45m	3.30m
13.	Shot Put	14.50m	11.80m
14.	Weight Throw	15.70m	14.60m
15.	Heptathlon/Pentathlon	3900/Top 12	2500/Top 12
16.	4x200 Relay	NT	NT
17.	4x400 Relay	3:27.00	4:10.00
18.	DMR	10:40.00	13:10.00

*\*Qualifying standards for all running events are based on performances on a 200m flat track. Conversions for different-length events or facility differences (banked, oversize, or undersize) or altitude are calculated via the official NCAA conversion factors to a flat, 200-meter track.*

## II. 2024 Outdoor Track & Field Championships Qualifying Standards *(Approved 3/18/2025)*

	<b><u>Event</u></b>	<b><u>Men</u></b>	<b><u>Women</u></b>
1.	100 Meters	10.95	12.50
2.	200 Meters	21.95	25.70
3.	400 Meters	49.30	59.00
4.	800 Meters	1:56.00	2:21.00
5.	1500 Meters	4:00.00	4:50.00
6.	5000 Meters	15:10.00	18:40.00
7.	10000 Meters	32:45.00	40:30.00
8.	110/100 High Hurdles	15.60	15.65
9.	400 Meter Hurdles	56.00	1:07.00
10.	3000 Meter Steeplechase	9:45.00	11:50.00
11.	Long Jump	6.80m	5.35m
12.	Triple Jump	13.50m	11.00m
13.	High Jump	1.94m	1.58m
14.	Pole Vault	4.45m	3.35m
15.	Shot Put	14.60m	12.00m
16.	Discus	44.00m	38.00m
17.	Hammer	49.00m	46.00m
18.	Javelin	51.50m	34.50m
19.	Decathlon/Heptathlon	5100/Top 16	3300/Top 16
20.	4x100 Relay	43.50	50.00
21.	4x400 Relay	3:24.0	4:08.00
22.	4x800 Relay	8:10*	10:00*

*\*Teams may submit a composite 4x800 Relay if they do not get the chance to compete in the event throughout the season. Teams may email 4 individuals to the President and timer by close of entries. Results for each individual from the 2025 Outdoor Season must be included.*

*Wind readings must be recorded for qualifying performances in the 100 meters, 200 meters, 100 Hurdles, 110 Hurdles, Long Jump and Triple Jump, and wind gauge readings cannot exceed 4.0 meters per second in order to qualify for the AARTFC Championships in those events (amended 6/3/2024).*