

## WOMEN'S NEW ENGLAND DIVISION III TRACK & FIELD QUALIFYING STANDARDS

<u>INDOORS</u>	<u>2025 STANDARD</u>		<u>OUTDOORS</u>	<u>2025 STANDARD</u>
60m	:08.10		100m	:12.75
60m hurdles	:09.70		100m hurdles	:16.20
200m	<b>:26.75</b>	<b>(:26.34)</b>	200m	:26.20
400m	1:02.00	(1:01.19)	400m	<b>1:00.00</b>
600m	1:44.50	(1:43.24)	400m hurdles	<b>1:08.50</b>
800m	2:26.00	(2:24.34)	800m	2:21.00
1000m	3:12.00	(3:09.93)	1500m	4:50.00
Mile	<b>5:19.00</b>	<b>(5:15.87)</b>	3000m steeplechase	12:15.00
3000m	10:35.00	(10:29.58)	5000m	18:40.00
5000m	18:40.00	(18:31.49)	10,000m	41:20.00
4x200m relay	OPEN		4x100m relay	OPEN
4x400m relay	OPEN		4x400m relay	OPEN
4x800m relay	OPEN		4x800m relay	OPEN
Distance medley	OPEN		High jump	<b>1.56</b>
High jump	1.56		Pole vault	3.25
Pole vault	3.25		Long jump	<b>5.10</b>
Long jump	<b>5.10</b>		Triple jump	<b>10.65</b>
Triple jump	10.65		Shot put	11.20
Shot put	11.20		Discus	34.70
Weight	<b>13.75</b>		Hammer	41.40
Pentathlon	2850		Javelin	34.50
			Heptathlon	3150

The indoor standards listed in parentheses are for banked tracks.

You may also qualify for the 10,000 meters by meeting the qualifying time in the 5000 meters.

The pentathlon field will be filled to 12 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 12 who have met the standard choose to enter.

The heptathlon field will be filled to 14 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 14 who have met the standard choose to enter.

The standards listed are unchanged unless we have had 24 or more or 18 or fewer entries for two consecutive years. The exceptions to that formula are the pentathlon & heptathlon, where the formula is 15 or more or 10 or fewer. The standards that have changed from the prior year are in bold.

## MEN'S NEW ENGLAND DIVISION III TRACK & FIELD QUALIFYING STANDARDS

<u>INDOORS</u>	<u>2025 STANDARD</u>	<u>OUTDOORS</u>	<u>2025 STANDARD</u>
60m	<b>:07.05</b>	100m	<b>:11.00</b>
60m hurdles	<b>:08.70</b>	110m hurdles	<b>:15.70</b>
200m	<b>:22.95</b> ( <b>:22.54</b> )	200m	<b>:22.30</b>
400m	:51.70    (:50.89)	400m	<b>:50.50</b>
600m	1:26.50    (1:25.22)	400m hurdles	<b>:58.00</b>
800m	<b>1:59.00</b> ( <b>1:57.32</b> )	800m	<b>1:55.50</b>
1000m	<b>2:37.00</b> ( <b>2:34.86</b> )	1500m	<b>4:01.00</b>
Mile	4:22.00    (4:18.69)	3000m steeplechase	<b>10:06.00</b>
3000m	<b>8:44.00</b> ( <b>8:37.97</b> )	5000m	15:17.00
5000m	15:15.00    (15:05.31)	10,000m	33:45.00
4x200m relay	not contested	4x100m relay	OPEN
4x400m relay	OPEN	4x400m relay	OPEN
4x800m relay	OPEN	4x800m relay	OPEN
Distance medley	OPEN	High jump	<b>1.90</b>
High jump	1.90	Pole vault	4.25
Pole vault	<b>4.30</b>	Long jump	<b>6.60</b>
Long jump	6.55	Triple jump	13.00
Triple jump	13.00	Shot put	13.40
Shot put	13.40	Discus	<b>41.00</b>
Weight	14.30	Hammer	45.50
Heptathlon	4250	Javelin	51.00
		Decathlon	4800

The indoor standards listed in parentheses are for banked tracks.

You may also qualify for the 10,000 meters by meeting the qualifying time in the 5000 meters.

The heptathlon field will be filled to 12 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 12 who have met the standard choose to enter.

The decathlon field will be filled to 14 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 14 who have met the standard choose to enter.

The standards listed are unchanged unless we have had 24 or more or 18 or fewer entries for two consecutive years. The exceptions to that formula are the heptathlon & decathlon, where the formula is 15 or more or 10 or fewer. The standards that have changed from the prior year are in bold.

