

## Men's Indoor Qualifying Standards 2025

EVENT	NE DIII	NEICAAA	NCAA
<b>60 meters</b>	7.05	7.07	Top 20
<b>60 meter HH</b>	8.70	8.51	Top 20
<b>200 meters</b>	22.54%	22.40	Top 20
<b>400 meters</b>	50.89%	50.00	Top 20
<b>600 (500) meters</b>	1:25.22% (1:07.61)	1:23.50 (1:05.75)	-----
<b>800 meters</b>	1:57.32%	1:55.00	Top 20
<b>1000 meters</b>	2:34.86%	2:30.24	-----
<b>Mile</b>	4:18.69%	4:16.78	Top 20
<b>3000 meters</b>	8:37.97%	8:30.50	Top 20
<b>5000 meters</b>	15:05.31%	15:03.24	Top 20
<b>4x400m relay</b>	open	Top 32	Top 12
<b>4x800m relay</b>	open	Top 32	-----
<b>DMR</b>	open	Top 32	Top 12
<b>High Jump</b>	1.90m	1.90m	Top 20
<b>Pole Vault</b>	4.30m	4.55m	Top 20
<b>Long Jump</b>	6.55m	6.81m	Top 20
<b>Triple Jump</b>	13.00m	13.54m	Top 20
<b>Shot Put</b>	13.40m	15.00m	Top 20
<b>Weight Throw</b>	14.30m	16.20m	Top 20
<b>Heptathlon</b>	4250 pts#	Top 16	Top 20

## Women's Indoor Qualifying Standards 2025

EVENT	NE DIII	NEICAAA	NCAA
<b>60 meters</b>	8.10	7.92	Top 20
<b>60 meter HH</b>	9.70	9.25	Top 20
<b>200 meters</b>	26.34%	25.50	Top 20
<b>400 meters</b>	1:01.19%	58.73	Top 20
<b>600 (500) meters</b>	1:43.24% (1:21.24)	1:38.75 (1:17.76)	-----
<b>800 meters</b>	2:24.34%	2:17.50	Top 20
<b>1000 meters</b>	3:09.93%	3:02.00	-----
<b>Mile</b>	5:15.87%	5:05.50	Top 20
<b>3000 meters</b>	10:29.58%	10:10.00	Top 20
<b>5000 meters</b>	18:31.49%	18:05.00	Top 20
<b>4x200m relay</b>	open	-----	-----
<b>4x400m relay</b>	open	Top 32	Top 12
<b>4x800m relay</b>	open	Top 32	-----
<b>DMR</b>	open	Top 32	Top 12
<b>High Jump</b>	1.56m	1.65m	Top 20
<b>Pole Vault</b>	3.25m	3.50m	Top 20
<b>Long Jump</b>	5.10m	5.55m	Top 20
<b>Triple Jump</b>	10.65m	11.45m	Top 20
<b>Shot Put</b>	11.20m	12.80m	Top 20
<b>Weight Throw</b>	13.75m	16.15m	Top 20
<b>Pentathlon</b>	2850 pts#	Top 16	Top 20

#Fill to Top 12 %banked conv. NEICAAA is top 32(track)/top 24 (field)