

Men's Outdoor Qualifying Standards 2025

EVENT	NE DIH	NEICAAA	NCAA
100 meters	11.00	10.88	Top 22
110 meter HH	15.70	15.10	Top 22
200 meters	22.30	22.10	Top 22
400 meters	50.50	49.24	Top 22
400 meter IH	58.00	55.30	Top 22
800 meters	1:55.50	1:53.40	Top 22
1500 meters	4:01.00	3:54.24	Top 22
3000 meter SC	10:06.00	9:42.84	Top 22
5000 meters	15:17.00	14:58.00	Top 22
10,000 meters	33:45.00*	32:35.00	Top 22
4x100m relay	open	Top 32	Top 16
4x400m relay	open	Top 32	Top 16
4x800m relay	open	Top 32	-----
High Jump	1.90m	1.98m	Top 22
Pole Vault	4.25m	4.55m	Top 22
Long Jump	6.60m	6.88m	Top 22
Triple Jump	13.00m	14.00m	Top 22
Shot Put	13.40m	15.40m	Top 22
Discus	41.00m	45.11m	Top 22
Hammer	45.50m	52.50m	Top 22
Javelin	51.00m	58.25m	Top 22
Decathlon	4800 pts#	Top 16	Top 22

Women's Outdoor Qualifying Standards 2025

EVENT	NE DIH	NEICAAA	NCAA
100 meters	12.75	12.25	Top 22
100 meter HH	16.20	14.98	Top 22
200 meters	26.20	25.25	Top 22
400 meters	1:00.00	58.00	Top 22
400 meter IH	1:08.50	1:05.20	Top 22
800 meters	2:21.00	2:14.75	Top 22
1500 meters	4:50.00	4:39.00	Top 22
3000 meter SC	12:15.00	11:30.24	Top 22
5000 meters	18:40.00	17:50.00	Top 22
10,000 meters	41:20.00*	40:24.24	Top 22
4x100m relay	open	Top 32	Top 16
4x400m relay	open	Top 32	Top 16
4x800m relay	open	Top 32	-----
High Jump	1.56m	1.68m	Top 22
Pole Vault	3.25m	3.60m	Top 22
Long Jump	5.10m	5.65m	Top 22
Triple Jump	10.65m	11.55m	Top 22
Shot Put	11.20m	12.80m	Top 22
Discus	34.70m	40.00m	Top 22
Hammer	41.40m	49.00m	Top 22
Javelin	34.50m	39.00m	Top 22
Heptathlon	3150 pts#	Top 16	Top 22

*or qualify in 5k #Fill to Top 14 NEICAAA is top 32(track)/top 24 (field)