

**2005 NORTHERN CALIFORNIA TRACK & FIELD
QUALIFYING STANDARDS - WOMEN**

	Provisional	Nor Cal	Automatic
100 meter dash	13.94	13.02	12.48
200 meter dash	28.04	26.59	25.64
400 meter dash	01:06.9	01:03.5	59.05
800 meter dash	02:33.5	02:28.9	02:22.7
1500 meter dash	05:31.8	05:12.9	05:00.1
3000 meter steeplechase	14:49.9	13:38.1	12:35.6
5000 meter run	21:45.0	20:24.0	19:17.0
10000 meter run	46:55.0	44:58.8	42:11.0
110 meter hurdles	18.74	16.63	15.49
400 meter hurdles	01:20.6	01:11.3	01:06.2
4 x 100 relay	Top 24	53.83	49.97
4 x 400 relay	Top 24	04:18.5	04:07.1
High jump	4' 8"	4' 10"	5' 1"
Pole vault	7' 0"	8' 3"	9' 3"
Long jump	15' 0"	16' 4"	17' 5"
Triple jump	28' 10"	32' 10"	35' 6"
Shot put	31' 0"	34' 8"	39' 10"
Discus	101' 0"	116' 7"	129' 11"
Javelin	87' 0"	105' 3"	117' 10"
Hammer	98' 0"	115' 1"	133' 3"

HEPTATHLON: 3200 points in heptathlon competition OR verifiable seasonal marks in 5 events which add up to a score of 2400 points. In the event of fewer than 12 qualifiers, the field will be filled to 12 based on the next best scores down to a minimum of 2100 in 5 events.

We will only convert from manual to fully automatic for events from the 800 meters down. The conversion from manual timing to fully automatic is (+.24) for the 100, 200, & 110 HH.

All converted marks must be approved by Nor Cal committee before acceptance as official mark.

Meet directors are advised to note the Nor Cal Standard and the Automatic Standard for the high jump and pole vault; please, adjust the height increments appropriately during your meets when possible.

"Automatic Standard" may be met in any official meet during the season. The athlete need not participate in their conference meet in that (or in any) event to qualify for the NC Trials with the Automatic Standard.

"Nor Cal Standard" may be met in any official meet during the season. The athlete must participate with honest effort in the conference meet in that event to qualify for the NC Trials with the NC Standard.

"Provisional Standard" indicates the minimum mark to be considered when qualifying athletes off of the top marks list. (A maximum of 24 athletes will be entered into any Nor Cal event; not all athletes who meet the provisional standard will qualify for the NC Trials.) The athlete must participate in their conference meet with honest effort "in all rounds" in that event to qualify for the NC Trials off the Top Marks list.

Any relay team must compete in the Conference Meet to qualify for the Nor Cal Trials.