

2010 Northern California Community College
Track and Field
Qualifying Standards

MEN

Event	Provisional	Nor- Cal	Automatic
100	11.20	10.88	10.63
200	22.62	22.17	21.63
400	51.02	49.51	48.33
800	1:59.79	1:57.70	1:55.30
1500	4:17.01	4:10.60	4:02.50
Steeplechase	10:45.01	10:17.00	9:52.90
5000	16:25.00	16:10.80	15:40.30
10000	35:20.00	34:27.00	33:14.00
110 HH	16.55	15.65	14.92
400 IH	59.69	56.52	55.14
400 Meter Relay	Top 24	43.11	41.73
1600 Meter Relay	Top 24	3:24.10	3:18.20
High Jump	6-1	6-3	6-6
Pole Vault	12-3	13-9	14-6
Long Jump	21-3	21-10	22-11
Triple Jump	41-0	43-9	46-7
Shot Put	42-6	45-3	48-5
Discus	129-6	139-6	149-1
Javelin	153-0	160-10	178-2
Hammer	118-3	142-3	158-4

Decathlon: 5500 points in decathlon competition OR verifiable (verified through direct athletics) seasonal marks in 8 events which add up to 4600 points. In the event fewer than 12 qualify, the field will be filled to 12 based on the next best scores down to a minimum score of 4100 in 8 events.

All converted marks (hand times) must be approved by the NC committee before acceptance as an official mark.

- **Automatic Standard** may be met in any official meet during the season. The athlete need not participate in their conference meet in that (or any) event to qualify for the NC trials/ finals.
- **Nor- Cal Standard** may be met in any official meet during the season. The must participate with honest effort in all rounds in that event in their conference meet to qualify for NC trials/ finals.
- **Provisional Standard** indicates the minimum mark to be considered when qualifying athletes to the NC trials/ finals off the top marks list. Only **24** athletes will be entered in any NC trial heat/flight or final only race; no all athletes attaining a provisional standard will qualify NC competition.

Other qualifying information

10000 Meter qualifying: In addition to the above means of qualifying, athletes may additionally qualify for the 10K NC event by:

By meeting or exceeding the Nor- Cal standard in the 5K (16:10.80) and completing a 10K sometime during the season. **OR** Meeting the automatic standard in the 5K

1500 Meter qualifying: To give coaches and athletes an guide in entering for the 1500 in post- conference competition. If there are 15 or more declared athletes in the 1500, there **will** be heats contested at the NC trials.