

2010 Northern California Community College
Track and Field
Qualifying Standards
WOMEN

Event	Provisional	Nor- Cal	Automatic
100	13.93	13.02	12.51
200	28.03	26.59	25.64
400	66.89	63.49	59.05
800	2:33.49	2:28.90	2:22.70
1500	5:31.79	5:12.90	5:00.10
Steeplechase	14:49.00	13:38.10	12:35.60
5000	21:45.00	20:24.00	19:17.00
10000	46:55.00	44:58.00	42:11.00
100 Hurdles	18.73	16.63	15.49
400 Hurdles	80.56	71.30	66.20
400 Meter Relay	Top 24	53.83	49.97
1600 Meter Relay	Top 24	4:18.50	4:07.10
High Jump	4-7	4-10	5-1
Pole Vault	8-0	8-9	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 (verified through direct athletics) in 5 events which add up to 2400 points. In the event of fewer than 12 qualify, the field will be filled to 12 based on the next best scores down to a minimum of 2100 points in 5 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 meeting or exceeding the Nor- Cal standard in the 5K (20:24.00) 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.