

2014 MAC Outdoor Track & Field Championship
May 1-3, 2014 | Widener University

2014 Outdoor Championship Qualifying Standards

RUNNING EVENTS	MEN	WOMEN
100 Meter Dash	11.74	14.14
110/100 Meter Hurdles	16.74	18.74
200 Meter Dash	23.74	29.14
400 Meter Dash	53.74	1:07.24
400 Meter Hurdles	1:00.24	1:20.24
800 Meter Run	2:04.24	2:39.24
1500 Meter Run	4:18.24	5:35.24
Mile Run	4:38.24	5:59.24
3000 Steeplechase	10:50.24	13:45.24
5000 Meter Run	16:15.24	20:39.24
10,000 Meter Run	36:00.24	46:00.24
RELAY EVENTS	MEN	WOMEN
4 x 100 Relay	Free Entry	Free Entry
4 x 400 Relay	Free Entry	Free Entry
4 x 800 Relay	Free Entry	Free Entry
FIELD EVENTS	MEN	WOMEN
Pole Vault	3.90	2.67
Long Jump	5.79	4.42
High Jump	1.78	1.42
Triple Jump	11.58	9.45
Shot Put	11.58	9.14
Discus	35.05	28.96
Javelin	45.72	27.43
Hammer	32.00	25.90
Decathlon/Heptathlon	Must have competed in all 10 events in the current season	Must have competed in all 7 events in the current season