



**2015 ECAC DIII Outdoor Track & Field Championships**  
**Hosted by Springfield College**  
**Thursday-Friday, May 14-15, 2015**  
 Outdoor Track & Field Qualifying Standards

**Women**

|               |                |
|---------------|----------------|
| 100m          | 12.65          |
| 100 Hurdles   | 15.80          |
| 200m          | 26.00          |
| 400m          | 59.10          |
| 400m Hurdles  | 1:06.30        |
| 800m          | 2:20.00        |
| 1500m         | 4:46.00        |
| 3000m Steeple | 11:50.00       |
| 5000m         | 18:25.00       |
| 10000m        | 39:00.00       |
| 400m Relay    | 50.30          |
| 1600m Relay   | 4:04.00        |
| 3200m Relay   | 10:12.00       |
| Long Jump     | 5.30m          |
| Triple Jump   | 10.90m         |
| Shot Put      | 11.60m         |
| Discus        | 37.50m         |
| Javelin       | 36.00          |
| Hammer        | 43.50m         |
| High Jump     | 1.59m          |
| Pole Vault    | 3.27m          |
| Heptathlon    | Top 15 entered |

**Men**

|               |                |
|---------------|----------------|
| 100m          | 11.05          |
| 110 Hurdles   | 15.70          |
| 200m          | 22.30          |
| 400m          | 50.10          |
| 400m Hurdles  | 56.25          |
| 800m          | 1:55.20        |
| 1500m         | 3:59.00        |
| 3000m Steeple | 9:40.00        |
| 5000m         | 15:15.00       |
| 10000m        | 32:25.00       |
| 400m Relay    | 43.75          |
| 1600m Relay   | 3:24.00        |
| 3200m Relay   | 8:09.00        |
| Long Jump     | 6.70m          |
| Triple Jump   | 13.60m         |
| Shot Put      | 14.40m         |
| Discus        | 43.60m         |
| Javelin       | 53.00m         |
| Hammer        | 48.00m         |
| High Jump     | 1.93m          |
| Pole Vault    | 4.50m          |
| Decathlon     | Top 15 entered |