

## 2017 Capital Athletic Conference Outdoor Track & Field Qualifying Standards

	Women's					Men's			
	2016	2015	2014	Standard		2016	2015	2014	Standard
<b>100</b>	12.77	13.26	13.15	<b>13.06</b>	<b>100</b>	10.91	11.06	11.16	<b>11.04</b>
<b>200</b>	25.89	26.31	26.88	<b>26.36</b>	<b>200</b>	21.81	22.46	22.71	<b>22.33</b>
<b>400</b>	58.93	61.40	61.5	<b>60.61</b>	<b>400</b>	50.78	50.63	50.25	<b>50.55</b>
<b>800</b>	2:26.47	2:26.65	2:23.32	<b>2:25.48</b>	<b>800</b>	1:57.17	1:57.38	1:58.27	<b>1:57.61</b>
<b>1500</b>	5:07.46	5:04.96	5:02.74	<b>5:05.05</b>	<b>1500</b>	4:06.88	4:01.39	4:03.06	<b>4:03.78</b>
<b>5000</b>	19:14.60	19:54.04	19:41.76	<b>19:36.80</b>	<b>5000</b>	15:52.20	16:20.36	16:02.21	<b>16:04.92</b>
<b>10000</b>	44:06.37	43:08.20	43:39.96	<b>43:38.18</b>	<b>10000</b>	33:21.97	35:12.28	34:30.67	<b>34:21.64</b>
<b>100H</b>	15.70	15.60	15.92	<b>15.74</b>	<b>110H</b>	16.13	15.43	16.14	<b>15.90</b>
<b>400H</b>	69.77	68.68	70.02	<b>69.49</b>	<b>400H</b>	59.47	56.55	56.09	<b>57.37</b>
<b>3000S</b>	12:44.76	12:56.34	12:47.03	<b>12:49.38</b>	<b>3000S</b>	10:09.00	10:25.70	10:28.63	<b>10:21.11</b>
<b>HJ</b>	1.50	1.57	1.56	<b>1.54</b>	<b>HJ</b>	1.81	1.86	1.75	<b>1.81</b>
<b>PV</b>	2.30	2.77	2.95	<b>2.67</b>	<b>PV</b>	3.95	4.02	3.91	<b>3.96</b>
<b>LJ</b>	4.84	5.06	5.01	<b>4.97</b>	<b>LJ</b>	6.37	6.60	6.57	<b>6.51</b>
<b>TJ</b>	10.34	10.07	10.29	<b>10.23</b>	<b>TJ</b>	12.89	13.31	12.27	<b>12.82</b>
<b>SP</b>	10.75	11.06	10.72	<b>10.84</b>	<b>SP</b>	13.20	13.97	13.13	<b>13.43</b>
<b>Disc</b>	32.90	35.25	32.01	<b>33.39</b>	<b>Disc</b>	40.86	42.15	38.98	<b>40.66</b>
<b>Hammer</b>	36.96	37.15	35.34	<b>36.48</b>	<b>Hammer</b>	42.19	45.05	40.74	<b>42.66</b>
<b>Jav</b>	31.14	33.35	30.57	<b>31.69</b>	<b>Jav</b>	44.97	48.25	50.97	<b>48.06</b>