

NSIC EVENT STANDARDS

NSIC Event	Men	Women
60m	6.8, 7.04	7.6, 7.84
200m	22.8, 22.94	25.8, 25.94
400m	50.4, 50.54	58.7, 58.84
800m	1:58.0	2:18.5
Mile	4:23.0	5:08.0
2 Mile	9:33.0	11:16.0
5000m	*****	*****
Mile Walk	7:15.0	8:15.0
60mH	8.2, 8.44	9.2, 9.44
4x200m	1:32.5	1:46.5
4x400m	3:27.5	4:04.0
4x800m	8:12.0	9:46.0
4x1600m	*****	*****
SMR	3:40.0 projected	4:20.0 projected
DMR	10:30.0 projected	12:30.0 projected
High Jump	6'6 3/4"	5' 1"
Long Jump	22' 8"	18' 0"
Shot Put	54' 6"	36' 6"
Triple Jump	45' 4"	39' 9"
Pole Vault	14' 0"	10' 0"
Weight Throw	47' 0"	28' 0"
Pentathlon	3300 pts projected	3050 pts projected
Events not contested at the NSIC that may be used as an entry standard.		
50y	5.4, 5.64	6.2, 6.44
55m(60y)	6.2, 6.53	7.0, 7.24
300y	32.3, 32.54	37.4, 37.64
440y	50.8, 50.94	59.0, 59.14
500y	1:02.0	1:12.0
500m	1:07.5	1:20.0
600y	1:15.0	1:28.0
1000y	2:18.0	2:47.0
1000m	2:34.0	3:02.0
1500m	4:05.0	4:48.0
3000m	8:56.0	10:36.0
1500m Walk	6:45.0	7:45.0
50yH	6.3, 6.54	7.2, 7.44
55m(60y)H	7.4, 7.64	8.3, 8.54