2023-24 MEN'S INDOOR STANDARDS

Track Event	PSAC AUTO (FAT) OVERSIZE/ BANKED	200m FLAT	NCAA PROVISIONAL (FAT) OVERSIZE/ BANKED	200m FLAT
60m	7.07		6.85	
60m HH	8.70		8.20	
200m	22.50	22.90	21.67	22.06
400m	50.45	51.26	48.52	49.30
800m	1:57.50	1:59.18	1:52.46	1:54.07
Mile	4:24.00	4:27.38	4:09.80	4:12.00
3,000m	8:53.00	8:59.18	8:17.78	8:23.55
5,000m	15:38.00	15:48.04	14:26.38	14:35.65
1,600m Relay	Top 12 Declared Teams		3:16.49	3:19.63
Distance Medley Relay	Top 12 Declared Teams		10:03.10	10:11.30

Field Event	Metric	Metric
High Jump	1.88	2.03
Pole Vault	4.20	4.76
Long Jump	6.75	7.13
Triple Jump	13.50	14.41
Shot Put	13.90	16.43
Weight Throw	14.50	18.09
Heptathlon	Top-14 scores accepted	4,710 points

2023-24 WOMEN'S INDOOR STANDARDS

Track Event	PSAC AUTO (FAT) OVERSIZE/ BANKED	200m FLAT	NCAA PROVISIONAL (FAT) OVERSIZE/ BANKED	200m FLAT
60m	7.90		7.65	
60m HH	9.45		8.84	
200m	25.95	26.35	24.81	25.19
400m	1:00.00	1:00.80	57.00	57.76
800m	2:24.00	2:25.66	2:14.34	2:15.88
Mile	5:20.00	5:23.17	4:56.85	4:59.79
3,000m	10:38.00	10:43.49	9:55.19	10:00.30
5,000m	18:50.00	18:58.70	17:17.41	17:25.40
1,600m Relay	Top 12 Declared Teams		3:52.92	3:56.02
Distance Medley Relay	Top 12 Declared Teams		12:04.59	12:12.34

Field Event	Metric	Metric
High Jump	1.55	1.67
Pole Vault	3.30	3.70
Long Jump	5.30	5.68
Triple Jump	10.90	11.65
Shot Put	11.90	13.60
Weight Throw	14.30	17.00
Pentathlon	Top-14 scores accepted	3,242 points

All declared athletes that meet the PSAC automatic standard will be accepted in open events. All declared athletes that are ranked in the top 16 on the descending order list will be accepted in open events.