

2025 adidas INDOOR TRACK NATIONALS
FEMALE STANDARDS

FEMALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
60m	7.88	8.10	8.45	OPEN
	Can Qualify with 55m using times below			
	7.38	7.58	7.94	
200m	25.40	26.30	28.00	OPEN
	Can Qualify with 300m using times below			
	41.00	43.30	45.0	
400m	58.00	1:00.50	1:05.00	OPEN
	Can Qualify with 500m using times below			
	1:17.69	1:21.00	1:25.50	
800m	2:21.00	2:28.00	X	OPEN
	Can Qualify with 1000m using times below			
	3:02.40	3:10.00		
1 Mile	5:09.60	5:23.00	5:50.00	OPEN
	Can Qualify with 1600m using times below			
	5:07.00	5:21.00	5:48.00	
	Can Qualify with 1500m using times below			
2 Mile	4:47	4:59.00	5:24.00	OPEN
	11:08.00	11:30.00	X	
	Can Qualify with 3200m using times below			
	11:04.00	11:26.00		
1 Mile Racewalk	10:20.00	10:38		X
	Can Qualify with 3000m using times below			
	9:00.00			
60mh	9.17	9.70	10.37	OPEN
	Can Qualify with 55mh using times below			
	8.57	9.10	9.92	

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FEMALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
4 x 200m Relay	1:47.00	1:51.00	X	OPEN
4 x 400m Relay	4:05.00	4:25.00	X	X
4 x 800m Relay	9:52.00	10:30.00	X	X
1600m Sprint Medley Relay	4:27.00	4:40.00	X	X
Distance Medley Relay 4000m	Top 30 Teams Guarentee Entry	X	X	X
Shuttle Hurdle Relay	Top 30 Teams Guarentee Entry	X	X	X
Long Jump	19-0	17-0	15-0	OPEN
Triple Jump	38-0	35-0	X	X
High Jump	5-02.25	5-0	4-10	X
Pole Vault	11-10	11-0	X	OPEN
Shot Put	40-0	32-0	28-0	OPEN
Weight Throw	Top 30 Entries	X	X	X
Pentathlon	Top 18 Entries	X	X	X
MIXED EVENTS	CHAMPIONSHIP	NATIONAL ELITE	FRESHMAN	MIDDLE SCHOOL
4 x 400 Mixed Relay	3:44.00	X	X	X

* Notes - Composite Scores Allowed for the Multi-Events and All Relays