



Track and Field Outdoor Division I – Women’s Results 2011

Events	Championship Result 2011	Season Best 2011	Winning Average
High Jump	1,86m	1,93m	1,83m
Long Jump	6,64m	6,70m	6,35m
Triple Jump	14,05m	14,25m	13,36m
Pole Vault	4,45m	4,61m	4,25m
Javelin	54,32m	56,02m	49,89m
Shot Put	18,31m	18,21m	16,53m
Hammer Throw	68,15 m	70,52m	62,86m
Discus Throw	58,64m	60,54m	54,46m
100m Dash	11,08 sec	10,94 sec	11,28 sec
100m Hurdles	12,63 sec	12,74 sec	13,24 sec
200m Dash	22,24 sec	22,18 sec	22,96 sec
400m Dash	51,10 sec	51,55 sec	52,95 sec
400m Relay	42,64 sec	42,87 sec	44,07 sec
400m Hurdles	55:56 min	55,70 sec	57,90 sec
800m Run	2:02.15 min	2:02.44 min	2:05,32 min
1500m Run	4:14.57 min	4:10.28 min	4:17,04 min
1600m Relay	3:26,31 min	3:27.33 min	3:33,83 min
3000m Run	9:41.14 min	9:40.51 min	10:10,17 min
5000m Run	15:37.57 min	15:25.58 min	15:58,37 min
10000m Run	34:25.86 min	33:10.15 min	34:18.57 min
Heptathlon	5.514 Points	5.951 Points	5.391 Points

Track and Field Outdoor Division II – Women's Results 2011

Events	Championship Result	Qualifying Provisional	Qualifying Automatic	Season Best	Winning Avrg.
High Jump	1,74m	1,68m	1,75m	1,78m	1,73 m
Long Jump	6,18m	5,65m	6,01m	6,22m	5,93m
Triple Jump	12,72m	11,65m	12,41m	12,94m	12,03m
Pole Vault	3,97m	3,60m	4,05m	4,05m	3,82 m
Javelin	49,85m	40m	45,66m	48,58m	44,29m
Shot Put	15,72m	13,40m	14,74m	15,57m	14,48m
Hammer Throw	56,91m	49,50m	55,65m	61,21m	55,47m
Discus Throw	48,72m	43m	48,18m	53,72m	48,36m
100m Dash	11,42 sec	12,05 sec	11,56 sec	11,37 sec	11,71 sec
100m Hurdles	12,95 sec	14,45 sec	13,65 sec	13,03 sec	13,73 sec
200m Dash	23,43 sec	24,65 sec	23,83 sec	23,41 sec	24,03 sec
400m Dash	53,62 sec	56,30 sec	54,68 sec	53,18 sec	54,72 sec
400m Relay	44,57 sec	47,40 sec	45,81 sec	44,36 sec	45,88 sec
400m Hurdles	59,16 sec	1:03.00 min	59,80 sec	58,53 sec	1:00.76 min
800m Run	2:14.53 min	2:14.00 min	2:09.61 min	2:06.16 sec	2:10.07 min
1500m Run	4:29.49 min	4:36.00 min	4:27.50 min	4:26.11 min	4:30.92 min
1600m Relay	3:39.87 min	3:50.00 min	3:41.80 min	3:41.57 min	3:45.07 min
5000m Run	16:17.30 min	17:20.00 min	16:39.30 min	15:33.83 min	16:26.12 min
10000m Run	33:17.39 min	36:40.00 min	-	33:48.12 min	35:23.13 min
Heptathlon	5.514 Points	4.400 Points	5.100 Points	5.610 Points	5.005 Points

NAIA

Track and Field Outdoor NAIA – Women’s Results



Events	Championship Result	Qualifying Automatic	Qualifying Provisional	Season Best	Winning Average
High Jump	1,80m	1,68m	1,65m	1,82m	1,74m
Long Jump	6,19m	5,59m	5,49m	6,15m	5,82m
Triple Jump	13,14m	11,50m	11,30m	13,01m	12,15m
Pole Vault	4,00m	3,60m	3,50m	4,05m	3,78m
Javelin	45,79m	41,00m	39,16m	48,07m	43,63
Shot Put	15,84m	13,50m	13,05m	15,18m	14,12m
Hammer Throw	58,03m	50,21m	46,94m	59,83m	53,39m
Discus Throw	49,95m	43,50m	42,40m	50,27m	46,45m
100m Dash	11,42 sec	12,10 sec	12,25 sec	11,23 sec	11,74 sec
100m Hurdles	13,64 sec	14,90 sec	15,09 sec	13,87 sec	14,48 sec
200m Dash	23,45 sec	24,99 sec	25,09 sec	23,21 sec	24,14 sec
400m Dash	53,43 sec	57,00 sec	57,36 sec	53,45 sec	55,38 sec
400m Relay	45,27 sec	47,99 sec	48,32 sec	45,73 sec	46,99 sec
400m Hurdles	58,11 sec	1:04.00 min	1:04.70 min	58,58 sec	1:01.63 min
800m Run	2:02.12 min	2:14.50 min	2:16.00 min	2:02.68 min	2:09.26 min
1500m Run	4:24.58 min	4:40.10 min	4:52.50 min	4:20.83 min	4:31.41 min
1600m Relay	3:36,89 min	3:55.00 min	3:56.80 min	3:39.61 min	3:48.20 min
5000m Run	16:49.57 min	17:46.30 min	17:50.00 min	16:38.91 min	17:14.32 min
10000m Run	34:49.42 min	37:30.00 min	38:13.00 min	34:16.73 min	36:25.44 min
Heptathlon	5.392 Points	3.700 Points	3.700 Points	5.531 Points	4.635 Points