

Women's Indoor Track & Field

Average of 40th place mark for all events

Event	2018	2019	2020	2021	2022	Average	2020	2021	2022	Average	2022 Mark	2023 Mark
60	7.66	7.67	7.63	7.72	7.63	7.66	7.63	7.72	7.63	7.66	7.67	7.66
60H	8.79	8.82	8.82	8.95	8.79	8.83	8.82	8.95	8.79	8.85	8.83	8.85
200	24.85	24.76	24.76	25.17	24.72	24.85	24.76	25.17	24.72	24.88	24.85	24.88
400	56.72	56.34	56.43	58.05	56.62	56.83	56.43	58.05	56.62	57.03	56.80	57.03
800	02:13.50	02:14.51	02:14.60	02:15.92	02:13.51	02:14.41	02:14.60	02:15.92	02:13.51	02:14.68	02:14.51	02:14.68
Mile	04:57.60	04:59.36	04:57.99	04:58.33	04:54.43	04:57.54	04:57.99	04:58.33	04:54.43	04:56.92	04:58.15	04:57.54
3K	09:56.51	09:59.36	09:57.28	10:00.82	09:47.37	09:56.27	09:57.28	10:00.82	09:47.37	09:55.16	09:58.36	09:56.27
5K	17:23.08	17:30.97	17:24.17	17:44.46	17:08.56	17:21.70	17:24.17	17:44.46	17:08.56	17:16.37	17:26.42	17:21.70
4X400	03:51.80	03:52.04	03:51.39	03:56.68	03:52.02	03:52.79	03:51.39	03:56.68	03:52.02	03:53.36	03:52.59	03:53.36
DMR	11:59.78	12:09.43	12:08.58	12:14.01	11:57.71	12:05.90	12:08.58	12:14.01	11:57.71	12:06.77	12:07.33	12:06.77
HJ	1.67	1.65	1.68	1.65	1.68	1.67	1.68	1.65	1.68	1.67	1.67	1.67
PV	3.58	3.67	3.73	3.67	3.75	3.68	3.73	3.67	3.75	3.72	3.69	3.68
LJ	5.67	5.69	5.70	5.59	5.67	5.66	5.70	5.59	5.67	5.65	5.67	5.65
TJ	11.63	11.86	11.77	11.48	11.75	11.70	11.77	11.48	11.75	11.67	11.70	11.67
SP	13.71	13.89	13.76	13.41	13.71	13.70	13.76	13.41	13.71	13.63	13.70	13.63
WT	17.20	17.19	17.25	16.69	17.05	17.08	17.25	16.69	17.05	17.00	17.08	17.00
Pent	3233	3258	3320	3140	3285	3247	3320	3140	3285	3248	3258	3247

***Based on a banked/oversized track

Men's Indoor Track & Field

Average of 40th place mark for all events

Events	2018	2019	2020	2021	2022	Average		2020	2021	2022	Average		2022 Mark	2023 Mark
60	6.87	6.87	6.85	6.9	6.83	6.86		6.85	6.9	6.83	6.86		6.87	6.86
60H	8.19	8.22	8.21	8.31	8.15	8.22		8.21	8.31	8.15	8.22		8.23	8.22
200	21.64	21.61	21.63	21.85	21.59	21.66		21.63	21.85	21.59	21.69		21.69	21.69
400	48.49	48.31	48.46	48.88	48.43	48.51		48.46	48.88	48.43	48.59		48.52	48.59
800	01:52.91	01:52.58	01:52.67	01:53.29	01:51.68	01:52.63		01:52.67	01:53.29	01:51.68	01:52.55		01:52.85	01:52.63
Mile	04:09.68	04:11.83	04:11.47	04:11.46	04:07.52	04:10.39		04:11.47	04:11.46	04:07.52	04:10.15		04:10.99	04:10.39
3k	08:20.90	08:23.42	08:22.14	08:17.93	08:11.26	08:19.13		08:22.14	08:17.93	08:11.26	08:17.11		08:21.16	08:19.13
5K	14:38.21	14:30.44	14:30.48	14:28.98	14:20.18	14:29.66		14:30.48	14:28.98	14:20.18	14:26.55		14:29.97	14:29.66
4X400	03:16.43	03:16.10	03:16.80	03:18.48	03:16.19	03:16.80		3:16.80	03:18.48	03:16.19	03:17.34		03:17.02	03:17.34
DMR	10:04.49	10:01.78	10:02.33	10:14.08	09:59.19	10:04.37		10:02.33	10:14.08	09:59.19	10:05.20		10:05.84	10:05.20
HJ	2.05	2.04	2.04	2.01	2.04	2.04		2.04	2.01	2.04	2.03		2.04	2.03
PV	4.81	4.80	4.77	4.75	4.74	4.77		4.77	4.75	4.74	4.75		4.78	4.75
LJ	7.17	7.13	7.15	7.00	7.15	7.12		7.15	7.00	7.15	7.10		7.12	7.10
TJ	14.52	14.52	14.52	14.08	14.54	14.44		14.52	14.08	14.54	14.38		14.44	14.38
SP	16.50	16.62	16.37	16.14	16.52	16.43		16.37	16.14	16.52	16.34		16.38	16.34
WT	17.98	17.72	17.82	17.78	18.59	17.98		17.82	17.78	18.59	18.06		17.84	17.98
Hep	4849	4865	4816	4487	4829	4769		4816	4487	4829	4711		4753	4711

***Based on a banked/oversized track

Women's Outdoor Track & Field

Average of 40th place mark for all events

Event	2017	2018	2019	2021	2022	Average	2019	2021	2022	Average	2022 Mark	2023 Mark
100	11.87	11.90	11.84	11.84	11.79	11.85	11.84	11.84	11.79	11.82	11.86	11.85
200	24.36	24.41	24.30	24.42	24.19	24.34	24.30	24.42	24.19	24.30	24.38	24.34
400	55.86	56.01	55.71	56.34	55.95	55.97	55.71	56.34	55.95	56.00	55.98	56
800	02:11.46	02:11.90	02:12.33	02:13.21	02:11.16	02:12.01	02:12.33	02:13.21	02:11.16	02:12.23	02:12.24	02:12.23
1500	04:32.74	04:31.80	04:33.26	04:32.94	04:29.71	04:32.09	04:33.26	04:32.94	04:29.71	04:31.97	04:32.67	04:32.09
5K	17:09.75	17:06.28	17:13.65	17:08.22	16:57.62	17:07.10	17:13.65	17:08.22	16:57.62	17:06.50	17:08.52	17:07.10
10K	36:22.19	36:42.00	36:42.85	36:50.87	35:46.46	36:28.87	36:42.85	36:50.87	35:46.46	36:26.73	36:36.59	36:28.87
100H	14.09	14.20	14.21	14.33	14.18	14.20	14.21	14.33	14.18	14.24	14.21	14.24
400H	01:01.58	01:01.80	01:01.75	01:03.08	01:02.17	01:02.08	01:01.75	01:03.08	01:02.17	01:02.33	01:02.03	01:02.33
3K Steeple	10:58.24	11:00.73	11:00.13	11:06.19	10:57.45	11:00.55	11:00.13	11:06.19	10:57.45	11:01.26	11:00.95	11:01.26
4X100	46.67	46.86	46.35	47.03	46.75	46.73	46.35	47.03	46.75	46.71	46.75	46.73
4X400	03:47.29	03:49.81	03:48.83	03:49.66	03:50.24	03:49.17	03:48.83	03:49.66	03:50.24	03:49.58	03:48.62	03:49.58
HJ	1.67	1.68	1.68	1.68	1.68	1.68	1.68	1.68	1.68	1.68	1.68	1.68
PV	3.65	3.67	3.75	3.82	3.82	3.74	3.75	3.82	3.82	3.80	3.75	3.74
LJ	5.85	5.80	5.83	5.82	5.87	5.83	5.83	5.82	5.87	5.84	5.82	5.83
TJ	11.92	11.96	11.97	11.88	12.07	11.96	11.97	11.88	12.07	11.97	11.94	11.96
SP	13.92	14.04	14.14	13.79	13.93	13.96	14.14	13.79	13.93	13.95	13.99	13.95
Discus	45.34	45.89	46.18	45.62	45.45	45.70	46.18	45.62	45.45	45.75	45.9	45.7
HT	51.82	51.97	52.47	52.86	52.59	52.34	52.47	52.86	52.59	52.64	52.43	52.34
Javelin	41.84	42.01	41.93	41.83	42.53	42.03	41.93	41.83	42.53	42.10	41.92	42.03
Hep	4582	4519	4534	4479	4516	4526	4534	4479	4516	4510	4516	4510

Men's Outdoor Track & Field

Average of 40th place mark for all events

Event	2017	2018	2019	2021	2022	Average	2019	2021	2022	Average	2022 Mark	2023 Mark
100	10.54	10.56	10.54	10.54	10.44	10.52	10.54	10.54	10.44	10.51	10.55	10.52
200	21.32	21.25	21.24	21.29	21.22	21.26	21.24	21.29	21.22	21.25	21.26	21.26
400	47.61	47.70	47.72	48.11	47.67	47.76	47.72	48.11	47.67	47.83	47.78	47.83
800	01:52.02	01:51.66	01:51.70	01:51.57	01:50.46	01:51.48	01:51.70	01:51.57	01:50.46	01:51.24	01:51.64	01:51.48
1500	03:49.94	03:50.93	03:51.17	03:48.40	03:46.88	03:49.46	03:51.17	03:48.40	03:46.88	03:48.82	03:49.99	03:49.46
5K	14:33.42	14:30.15	14:32.10	14:14.71	14:16.34	14:25.34	14:32.10	14:14.71	14:16.34	14:21.05	14:25.65	14:25.34
10K	30:40.13	30:59.26	30:41.98	30:08.89	29:53.65	30:28.78	30:41.98	30:08.89	29:53.65	30:14.84	30:35.82	30:28.78
110H	14.53	14.47	14.52	14.49	14.43	14.49	14.52	14.49	14.43	14.48	14.49	14.49
400H	53.33	53.08	53.10	53.68	53.19	53.28	53.10	53.68	53.19	53.32	53.29	53.32
3K Steeple	09:12.02	09:13.81	09:15.44	09:11.07	09:09.48	09:12.36	09:15.44	09:11.07	09:09.48	09:12.00	09:13.44	09:12.36
4X100	41.04	41.03	41.00	41.14	40.76	40.99	41.00	41.14	40.76	40.97	41.06	40.99
4X400	03:14.47	03:13.60	03:13.13	03:15.47	03:13.62	03:14.06	03:13.13	03:15.47	03:13.62	03:14.07	03:14.05	03:14.07
HJ	2.05	2.05	2.05	2.03	2.05	2.05	2.05	2.03	2.05	2.04	2.05	2.04
PV	4.82	4.80	4.83	4.84	4.82	4.82	4.83	4.84	4.82	4.83	4.82	4.82
LJ	7.23	7.29	7.25	7.24	7.34	7.27	7.25	7.24	7.34	7.28	7.26	7.27
TJ	14.67	14.76	14.67	14.69	14.70	14.70	14.67	14.69	14.70	14.69	14.71	14.69
SP	16.24	16.43	16.86	16.72	16.58	16.57	16.86	16.72	16.58	16.72	16.67	16.57
Discus	49.70	50.42	50.39	50.55	50.99	50.41	50.39	50.55	50.99	50.64	50.45	50.41
HT	55.79	56.33	56.82	57.42	57.49	56.77	56.82	57.42	57.49	57.24	56.86	56.77
Javelin	58.66	58.85	59.03	56.68	59.68	58.58	59.03	56.68	59.68	58.46	58.38	58.46
Dec	6280	6437	6372	6450	6241	6356	6372	6450	6241	6354	6420	6354