

Women's Indoor Track and Field

Average of 40th place mark for all events

Event	2019	2020	2021	2022	2023	Average		2021	2022	2023	Average		2023 Mark	2024 Mark
60	7.67	7.63	7.72	7.63	7.59	7.65		7.72	7.63	7.59	7.65		7.66	7.65
60H	8.82	8.82	8.95	8.79	8.77	8.83		8.95	8.79	8.77	8.84		8.85	8.84
200	24.76	24.76	25.17	24.72	24.54	24.79		25.17	24.72	24.54	24.81		24.88	24.81
400	56.34	56.43	58.05	56.62	56.34	56.76		58.05	56.62	56.34	57.00		57.03	57.00
800	02:14.51	02:14.60	02:15.92	02:13.51	02:13.17	02:14.34		02:15.92	02:13.51	02:13.00	02:14.14		02:14.68	02:14.34
Mile	04:59.36	04:57.99	04:58.33	04:54.43	04:54.14	04:56.85		04:58.33	04:54.43	04:54.14	04:55.63		04:57.54	04:56.85
3K	09:59.36	09:57.28	10:00.82	09:47.37	09:51.13	09:55.19		10:00.82	09:47.37	09:51.13	09:53.11		09:56.27	09:55.19
5K	17:30.97	17:24.17	17:44.46	17:08.56	17:05.92	17:17.41		17:44.46	17:08.56	17:05.92	17:07.24		17:21.70	17:17.41
4X400	03:52.04	03:51.39	03:56.68	03:52.02	03:50.07	03:52.44		03:56.68	03:52.02	03:50.07	03:52.92		03:53.36	03:52.92
DMR	12:09.43	12:08.58	12:14.01	11:57.71	11:53.24	12:04.59		12:14.01	11:57.71	11:53.24	12:01.65		12:06.77	12:04.59
HJ	1.65	1.68	1.65	1.68	1.67	1.67		1.65	1.68	1.67	1.67		1.67	1.67
PV	3.67	3.73	3.67	3.75	3.68	3.70		3.67	3.75	3.68	3.70		3.68	3.70
LJ	5.69	5.70	5.59	5.67	5.78	5.69		5.59	5.67	5.78	5.68		5.65	5.68
TJ	11.86	11.77	11.48	11.75	11.71	11.71		11.48	11.75	11.71	11.65		11.67	11.65
SP	13.89	13.76	13.41	13.71	13.68	13.69		13.41	13.71	13.68	13.60		13.63	13.60
WT	17.19	17.25	16.69	17.05	17.27	17.09		16.69	17.05	17.27	17.00		17.00	17.00
Pent	3258	3320	3140	3285	3300	3261		3140	3285	3300	3242		3247	3242

***Based on a banked/oversized track

Men's Indoor Track and Field

Average of 40th place mark for all events

Events	2019	2020	2021	2022	2023	Average		2021	2022	2023	Average		2023 Mark	2024 Mark
60	6.87	6.85	6.9	6.83	6.82	6.85		6.9	6.83	6.82	6.85		6.86	6.85
60H	8.22	8.21	8.31	8.15	8.09	8.20		8.31	8.15	8.09	8.18		8.22	8.20
200	21.61	21.63	21.85	21.59	21.56	21.65		21.85	21.59	21.56	21.67		21.69	21.67
400	48.31	48.46	48.88	48.43	48.25	48.47		48.88	48.43	48.25	48.52		48.59	48.52
800	01:52.58	01:52.67	01:53.29	01:51.68	01:52.06	01:52.46		01:53.29	01:51.68	01:52.06	01:52.34		01:52.63	01:52.46
Mile	04:11.83	04:11.47	04:11.46	04:07.52	04:06.72	04:09.80		04:11.46	04:07.52	04:06.72	04:08.57		04:10.39	04:09.80
3k	08:23.42	08:22.14	08:17.93	08:11.26	08:14.15	08:17.78		08:17.93	08:11.26	08:14.15	08:14.45		08:19.13	08:17.78
5K	14:30.44	14:30.48	14:28.98	14:20.18	14:21.81	14:26.38		14:28.98	14:20.18	14:21.81	14:23.66		14:29.66	14:26.38
4X400	03:16.10	03:16.80	03:18.48	03:16.19	03:14.81	03:16.48		03:18.48	03:16.19	03:14.81	03:16.49		03:17.34	03:16.49
DMR	10:01.78	10:02.33	10:14.08	09:59.19	09:56.04	10:02.68		10:14.08	09:59.19	09:56.04	10:03.10		10:05.20	10:03.10
HJ	2.04	2.04	2.01	2.04	2.05	2.04		2.01	2.04	2.05	2.03		2.03	2.03
PV	4.80	4.77	4.75	4.74	4.78	4.77		4.75	4.74	4.78	4.76		4.75	4.76
LJ	7.13	7.15	7.00	7.15	7.23	7.13		7.00	7.15	7.23	7.13		7.10	7.13
TJ	14.52	14.52	14.08	14.54	14.61	14.45		14.08	14.54	14.61	14.41		14.38	14.41
SP	16.62	16.37	16.14	16.52	16.63	16.46		16.14	16.52	16.63	16.43		16.34	16.43
WT	17.72	17.82	17.78	18.59	18.52	18.09		17.78	18.59	18.52	18.30		17.98	18.09
Hep	4865	4816	4487	4829	4815	4762		4487	4829	4815	4710		4711	4710

***Based on a banked/oversized track

Women's Outdoor Track and Field

Average of 40th place mark for all events

Event	2018	2019	2021	2022	2023	Average	2021	2022	2023	Average	2023 Mark	2024 Mark
100	11.90	11.84	11.84	11.79	11.68	11.81	11.84	11.79	11.68	11.77	11.85	11.81
200	24.41	24.30	24.42	24.19	23.98	24.26	24.42	24.19	23.98	24.20	24.34	24.26
400	56.01	55.71	56.34	55.95	55.50	55.90	56.34	55.95	55.50	55.93	56	55.93
800	02:11.90	02:12.33	02:13.21	02:11.16	02:10.73	02:11.87	02:13.21	02:11.16	02:10.73	02:11.70	02:12.23	02:11.87
1500	04:31.80	04:33.26	04:32.94	04:29.71	04:27.27	04:31.00	04:32.94	04:29.71	04:27.27	04:29.97	04:32.09	04:31.00
5K	17:06.28	17:13.65	17:08.22	16:57.62	16:53.14	17:03.78	17:08.22	16:57.62	16:53.14	16:59.66	17:07.10	17:03.78
10K	36:42.00	36:42.85	36:50.87	35:46.46	35:47.00	36:21.84	36:50.87	35:46.46	35:47.00	36:08.11	36:28.87	36:21.84
100H	14.20	14.21	14.33	14.18	14.15	14.21	14.33	14.18	14.15	14.22	14.24	14.22
400H	01:01.80	01:01.75	01:03.08	01:02.17	01:01.84	01:02.13	01:03.08	01:02.17	01:01.84	01:02.36	01:02.33	01:02.36
3K Steeple	11:00.73	11:00.13	11:06.19	10:57.45	11:05.32	11:01.96	11:06.19	10:57.45	11:05.32	11:02.99	11:01.26	11:02.99
4X100	46.86	46.35	47.03	46.75	46.34	46.67	47.03	46.75	46.34	46.71	46.73	46.71
4X400	03:49.81	03:48.83	03:49.66	03:50.24	03:46.94	03:49.10	03:49.66	03:50.24	03:46.94	03:48.95	03:49.58	03:49.10
HJ	1.68	1.68	1.68	1.68	1.66	1.68	1.68	1.68	1.66	1.67	1.68	1.67
PV	3.67	3.75	3.82	3.82	3.77	3.77	3.82	3.82	3.77	3.80	3.74	3.77
LJ	5.80	5.83	5.82	5.87	5.86	5.84	5.82	5.87	5.86	5.85	5.83	5.84
TJ	11.96	11.97	11.88	12.07	11.99	11.97	11.88	12.07	11.99	11.98	11.96	11.97
SP	14.04	14.14	13.79	13.93	13.71	13.92	13.79	13.93	13.71	13.81	13.95	13.81
Discus	45.89	46.18	45.62	45.45	44.57	45.54	45.62	45.45	44.57	45.21	45.7	45.21
HT	51.97	52.47	52.86	52.59	53.03	52.58	52.86	52.59	53.03	52.83	52.34	52.58
Javelin	42.01	41.93	41.83	42.53	41.60	41.98	41.83	42.53	41.60	41.99	42.03	41.98
Hep	4519	4534	4479	4516	4516	4513	4479	4516	4516	4504	4510	4504

Men's Outdoor Track and Field

Average of 40th place mark for all events

Event	2018	2019	2021	2022	2023	Average	2021	2022	2023	Average	2023 Mark	2024 Mark
100	10.56	10.54	10.54	10.44	10.41	10.50	10.54	10.44	10.41	10.46	10.52	10.5
200	21.25	21.24	21.29	21.22	21.07	21.21	21.29	21.22	21.07	21.19	21.26	21.21
400	47.70	47.72	48.11	47.67	47.44	47.73	48.11	47.67	47.44	47.74	47.83	47.74
800	01:51.66	01:51.70	01:51.57	01:50.46	01:50.74	01:51.23	01:51.57	01:50.46	01:50.74	01:50.92	01:51.48	01:51.23
1500	03:50.93	03:51.17	03:48.40	03:46.88	03:47.17	03:48.91	03:48.40	03:46.88	03:47.17	03:47.48	03:49.46	03:48.91
5K	14:30.15	14:32.10	14:14.71	14:16.34	14:15.14	14:21.69	14:14.71	14:16.34	14:15.14	14:15.40	14:25.34	14:21.69
10K	30:59.26	30:41.98	30:08.89	29:53.65	29:51.63	30:19.08	30:08.89	29:53.65	29:51.63	29:58.06	30:28.78	30:19.08
110H	14.47	14.52	14.49	14.43	14.28	14.44	14.49	14.43	14.28	14.40	14.49	14.44
400H	53.08	53.10	53.68	53.19	52.93	53.20	53.68	53.19	52.93	53.27	53.32	53.27
3K Steeple	09:13.81	09:15.44	09:11.07	09:09.48	09:11.74	09:12.31	09:11.07	09:09.48	09:11.74	09:10.76	09:12.36	09:12.31
4X100	41.03	41.00	41.14	40.76	40.60	40.91	41.14	40.76	40.60	40.83	40.99	40.91
4X400	03:13.60	03:13.13	03:15.47	03:13.62	03:12.45	03:13.65	03:15.47	03:13.62	03:12.45	03:13.85	03:14.07	03:13.85
HJ	2.05	2.05	2.03	2.05	2.05	2.05	2.03	2.05	2.05	2.04	2.04	2.04
PV	4.80	4.83	4.84	4.82	4.85	4.83	4.84	4.82	4.85	4.84	4.82	4.83
LJ	7.29	7.25	7.24	7.34	7.38	7.30	7.24	7.34	7.38	7.32	7.27	7.30
TJ	14.76	14.67	14.69	14.70	14.68	14.70	14.69	14.70	14.68	14.69	14.69	14.69
SP	16.43	16.86	16.72	16.58	16.63	16.64	16.72	16.58	16.63	16.64	16.57	16.64
Discus	50.42	50.39	50.55	50.99	50.16	50.50	50.55	50.99	50.16	50.57	50.41	50.50
HT	56.33	56.82	57.42	57.49	56.99	57.01	57.42	57.49	56.99	57.30	56.77	57.01
Javelin	58.85	59.03	56.68	59.68	59.05	58.66	56.68	59.68	59.05	58.47	58.46	58.47
Dec	6437	6372	6450	6241	6302	6360	6450	6241	6302	6331	6354	6331