

Women's Indoor Track and Field

Average of 40th place mark for all events

Event	2020	2021	2022	2023	2024	Average	2022	2023	2024	Average	2024 Mark	2025 Mark
60	7.63	7.72	7.63	7.59	7.56	7.63	7.63	7.59	7.56	7.59	7.65	7.63
60H	8.82	8.95	8.79	8.77	8.76	8.82	8.79	8.77	8.76	8.77	8.84	8.82
200	24.76	25.17	24.72	24.54	24.44	24.73	24.72	24.54	24.44	24.57	24.81	24.73
400	56.43	58.05	56.62	56.34	55.84	56.66	56.62	56.34	55.84	56.27	57.00	56.66
800	02:14.60	02:15.92	02:13.51	02:13.17	02:12.26	02:13.89	02:13.51	02:13.00	02:12.26	02:12.92	02:14.34	02:13.89
Mile	04:57.99	04:58.33	04:54.43	04:54.14	04:53.29	04:55.64	04:54.43	04:54.14	04:53.29	04:53.95	04:56.85	04:55.64
3K	09:57.28	10:00.82	09:47.37	09:51.13	09:48.73	09:53.07	09:47.37	09:51.13	09:48.73	09:49.08	09:55.19	09:53.07
5K	17:24.17	17:44.46	17:08.56	17:05.92	16:55.43	17:08.52	17:08.56	17:05.92	16:55.43	17:03.30	17:17.41	17:08.52
4X400	03:51.39	03:56.68	03:52.02	03:50.07	03:48.54	03:51.74	03:52.02	03:50.07	03:48.54	03:50.21	03:52.92	03:51.74
DMR	12:08.58	12:14.01	11:57.71	11:53.24	11:52.16	12:01.14	11:57.71	11:53.24	11:52.16	11:54.37	12:04.59	12:01.14
HJ	1.68	1.65	1.68	1.67	1.68	1.67	1.68	1.67	1.68	1.68	1.67	1.67
PV	3.73	3.67	3.75	3.68	3.75	3.72	3.75	3.68	3.75	3.73	3.70	3.72
LJ	5.70	5.59	5.67	5.78	5.76	5.70	5.67	5.78	5.76	5.74	5.68	5.70
TJ	11.77	11.48	11.75	11.71	11.90	11.72	11.75	11.71	11.90	11.79	11.65	11.72
SP	13.76	13.41	13.71	13.68	13.80	13.67	13.71	13.68	13.80	13.73	13.60	13.67
WT	17.25	16.69	17.05	17.27	17.28	17.11	17.05	17.27	17.28	17.20	17.00	17.11
Pent	3320	3140	3285	3300	3425	3294	3285	3300	3425	3337	3242	3294

***Based on a banked/oversized track

Men's Indoor Track and Field

Average of 40th place mark for all events

Events	2020	2021	2022	2023	2024	Average	2022	2023	2024	Average	2024 Mark	2025 Mark
60	6.85	6.9	6.83	6.82	6.8	6.84	6.83	6.82	6.8	6.82	6.85	6.84
60H	8.21	8.31	8.15	8.09	8.08	8.17	8.15	8.09	8.08	8.11	8.20	8.17
200	21.63	21.85	21.59	21.56	21.50	21.63	21.59	21.56	21.50	21.55	21.67	21.63
400	48.46	48.88	48.43	48.25	48.08	48.42	48.43	48.25	48.08	48.25	48.52	48.42
800	01:52.67	01:53.29	01:51.68	01:52.06	01:51.85	01:52.31	01:51.68	01:52.06	01:51.85	01:51.86	01:52.46	01:52.31
Mile	04:11.47	04:11.46	04:07.52	04:06.72	04:06.86	04:08.81	04:07.52	04:06.72	04:06.86	04:07.03	04:09.80	04:08.81
3k	08:22.14	08:17.93	08:11.26	08:14.15	08:11.45	08:15.39	08:11.26	08:14.15	08:11.45	08:12.29	08:17.78	08:15.39
5K	14:30.48	14:28.98	14:20.18	14:21.81	14:18.36	14:23.96	14:20.18	14:21.81	14:18.36	14:20.12	14:26.38	14:23.96
4X400	03:16.80	03:18.48	03:16.19	03:14.81	03:14.25	03:16.11	03:16.19	03:14.81	03:14.25	03:15.08	03:16.49	03:16.11
DMR	10:02.33	10:14.08	09:59.19	09:56.04	09:57.30	10:01.79	09:59.19	09:56.04	09:57.30	09:57.51	10:03.10	10:01.79
HJ	2.04	2.01	2.04	2.05	2.06	2.04	2.04	2.05	2.06	2.05	2.03	2.04
PV	4.77	4.75	4.74	4.78	4.87	4.78	4.74	4.78	4.87	4.80	4.76	4.78
LJ	7.15	7.00	7.15	7.23	7.28	7.16	7.15	7.23	7.28	7.22	7.13	7.16
TJ	14.52	14.08	14.54	14.61	14.72	14.49	14.54	14.61	14.72	14.62	14.41	14.49
SP	16.37	16.14	16.52	16.63	16.34	16.40	16.52	16.63	16.34	16.50	16.43	16.40
WT	17.82	17.78	18.59	18.52	18.29	18.20	18.59	18.52	18.29	18.47	18.09	18.20
Hep	4816	4487	4829	4815	4780	4745	4829	4815	4780	4808	4710	4745

***Based on a banked/oversized track

Women's Outdoor Track and Field

Average of 40th place mark for all events

Event	2019	2021	2022	2023	2024	Average		2022	2023	2024	Average		2024 Mark	2025 Mark
100	11.84	11.84	11.79	11.68	11.63	11.76		11.79	11.68	11.63	11.70		11.81	11.76
200	24.30	24.42	24.19	23.98	23.99	24.18		24.19	23.98	23.99	24.05		24.26	24.18
400	55.71	56.34	55.95	55.50	54.98	55.70		55.95	55.50	54.98	55.48		55.93	55.7
800	02:12.33	02:13.21	02:11.16	02:10.73	02:10.68	02:11.62		02:11.16	02:10.73	02:10.68	02:10.86		02:11.87	02:11.62
1500	04:33.26	04:32.94	04:29.71	04:27.27	04:27.65	04:30.17		04:29.71	04:27.27	04:27.65	04:28.21		04:31.00	04:30.17
5K	17:13.65	17:08.22	16:57.62	16:53.14	16:46.33	16:59.79		16:57.62	16:53.14	16:46.33	16:52.36		17:03.78	16:59.79
10K	36:42.85	36:50.87	35:46.46	35:47.00	35:54.51	36:12.34		35:46.46	35:47.00	35:54.51	35:49.32		36:21.84	36:12.34
100H	14.21	14.33	14.18	14.15	14.05	14.18		14.18	14.15	14.05	14.13		14.22	14.18
400H	01:01.75	01:03.08	01:02.17	01:01.84	01:01.68	01:02.10		01:02.17	01:01.84	01:01.68	01:01.90		01:02.36	01:02.10
3K Steeple	11:00.13	11:06.19	10:57.45	11:05.32	10:53.44	11:00.51		10:57.45	11:05.32	10:53.44	10:58.74		11:02.99	11:00.51
4X100	46.35	47.03	46.75	46.34	46.02	46.50		46.75	46.34	46.02	46.37		46.71	46.5
4X400	03:48.83	03:49.66	03:50.24	03:46.94	03:46.02	03:48.34		03:50.24	03:46.94	03:46.02	03:47.73		03:49.10	03:48.34
HJ	1.68	1.68	1.68	1.66	1.69	1.68		1.68	1.66	1.69	1.68		1.67	1.68
PV	3.75	3.82	3.82	3.77	3.81	3.79		3.82	3.77	3.81	3.80		3.77	3.79
LJ	5.83	5.82	5.87	5.86	5.92	5.86		5.87	5.86	5.92	5.88		5.84	5.86
TJ	11.97	11.88	12.07	11.99	12.05	11.99		12.07	11.99	12.05	12.04		11.97	11.99
SP	14.14	13.79	13.93	13.71	14.05	13.92		13.93	13.71	14.05	13.90		13.81	13.9
Discus	46.18	45.62	45.45	44.57	45.69	45.50		45.45	44.57	45.69	45.24		45.21	45.24
HT	52.47	52.86	52.59	53.03	53.05	52.80		52.59	53.03	53.05	52.89		52.58	52.8
Javelin	41.93	41.83	42.53	41.60	42.69	42.12		42.53	41.60	42.69	42.27		41.98	42.12
Hep	4534	4479	4516	4516	4776	4564		4516	4516	4776	4603		4504	4564

Men's Outdoor Track and Field

Average of 40th place mark for all events

Event	2019	2021	2022	2023	2024	Average	2022	2023	2024	Average	2024 Mark	2025 Mark
100	10.54	10.54	10.44	10.41	10.40	10.47	10.44	10.41	10.40	10.42	10.5	10.47
200	21.24	21.29	21.22	21.07	21.04	21.17	21.22	21.07	21.04	21.11	21.21	21.17
400	47.72	48.11	47.67	47.44	47.36	47.66	47.67	47.44	47.36	47.49	47.74	47.66
800	01:51.70	01:51.57	01:50.46	01:50.74	01:50.61	01:51.02	01:50.46	01:50.74	01:50.61	01:50.60	01:51.23	01:51.02
1500	03:51.17	03:48.40	03:46.88	03:47.17	03:47.18	03:48.16	03:46.88	03:47.17	03:47.18	03:47.08	03:48.91	03:48.16
5K	14:32.10	14:14.71	14:16.34	14:15.14	14:09.34	14:17.53	14:16.34	14:15.14	14:09.34	14:13.61	14:21.69	14:17.53
10K	30:41.98	30:08.89	29:53.65	29:51.63	29:43.59	30:03.95	29:53.65	29:51.63	29:43.59	29:49.62	30:19.08	30:03.95
110H	14.52	14.49	14.43	14.28	14.24	14.39	14.43	14.28	14.24	14.32	14.44	14.39
400H	53.10	53.68	53.19	52.93	52.85	53.15	53.19	52.93	52.85	52.99	53.27	53.15
3K Steeple	09:15.44	09:11.07	09:09.48	09:11.74	09:07.26	09:11.00	09:09.48	09:11.74	09:07.26	09:09.49	09:12.31	09:11.00
4X100	41.00	41.14	40.76	40.60	40.49	40.80	40.76	40.60	40.49	40.62	40.91	40.80
4X400	03:13.13	03:15.47	03:13.62	03:12.45	03:11.74	03:13.28	03:13.62	03:12.45	03:11.74	03:12.60	03:13.85	03:13.28
HJ	2.05	2.03	2.05	2.05	2.07	2.05	2.05	2.05	2.07	2.06	2.04	2.05
PV	4.83	4.84	4.82	4.85	4.91	4.85	4.82	4.85	4.91	4.86	4.83	4.85
LJ	7.25	7.24	7.34	7.38	7.37	7.32	7.34	7.38	7.37	7.36	7.30	7.32
TJ	14.67	14.69	14.70	14.68	14.78	14.70	14.70	14.68	14.78	14.72	14.69	14.70
SP	16.86	16.72	16.58	16.63	16.57	16.67	16.58	16.63	16.57	16.59	16.64	16.59
Discus	50.39	50.55	50.99	50.16	50.46	50.51	50.99	50.16	50.46	50.54	50.50	50.51
HT	56.82	57.42	57.49	56.99	56.95	57.13	57.49	56.99	56.95	57.14	57.01	57.13
Javelin	59.03	56.68	59.68	59.05	60.20	58.93	59.68	59.05	60.20	59.64	58.47	58.93
Dec	6372	6450	6241	6302	6339	6341	6241	6302	6339	6294.00	6331	6294