

Women's ITF - Average of 40th place mark for all events

Event	2021	2022	2023	2024	2025	Average	2023	2024	2025	Average	2025 Mark	2026 Mark
60	7.72	7.63	7.59	7.56	7.53	7.61	7.59	7.56	7.53	7.56	7.63	7.61
200	25.17	24.72	24.54	24.44	24.28	24.63	24.54	24.44	24.28	24.42	24.73	24.63
400	58.05	56.62	56.34	55.84	55.64	56.50	56.34	55.84	55.64	55.94	56.66	56.50
800	02:15.92	02:13.51	02:13.17	02:12.26	02:11.63	02:13.30	02:13.00	02:12.26	02:11.63	02:12.30	02:13.89	02:13.30
Mile	04:58.33	04:54.43	04:54.14	04:53.29	04:52.19	04:54.48	04:54.14	04:53.29	04:52.19	04:53.21	04:55.64	04:54.48
3K	10:00.82	09:47.37	09:51.13	09:48.73	09:43.66	09:50.34	09:51.13	09:48.73	09:43.66	09:47.84	09:53.07	09:50.34
5K	17:44.46	17:08.56	17:05.92	16:55.43	17:02.94	17:03.21	17:05.92	16:55.43	17:02.94	17:01.43	17:08.52	17:03.21
60H	8.95	8.79	8.77	8.76	8.68	8.79	8.77	8.76	8.68	8.74	8.82	8.79
4X400	03:56.68	03:52.02	03:50.07	03:48.54	03:47.03	03:50.87	03:50.07	03:48.54	03:47.03	03:48.55	03:51.74	03:50.87
DMR	12:14.01	11:57.71	11:53.24	11:52.16	11:53.01	11:58.03	11:53.24	11:52.16	11:53.01	11:52.80	12:01.14	11:58.03
HJ	1.65	1.68	1.67	1.68	1.68	1.67	1.67	1.68	1.68	1.68	1.67	1.67
PV	3.67	3.75	3.68	3.75	3.76	3.72	3.68	3.75	3.76	3.73	3.72	3.72
LJ	5.59	5.67	5.78	5.76	5.79	5.72	5.78	5.76	5.79	5.78	5.70	5.72
TJ	11.48	11.75	11.71	11.90	11.85	11.74	11.71	11.90	11.85	11.82	11.72	11.74
SP	13.41	13.71	13.68	13.80	13.58	13.64	13.68	13.80	13.58	13.69	13.67	13.64
WT	16.69	17.05	17.27	17.28	17.24	17.11	17.27	17.28	17.24	17.26	17.11	17.26
Pent	3140	3285	3300	3425	3398	3310	3300	3425	3398	3374	3294	3310

***Based on a banked/oversized track

Men's ITF - Average of 40th place mark for all events

Events	2021	2022	2023	2024	2025	Average	2023	2024	2025	Average	2025 Mark	2026 Mark
60	6.9	6.83	6.82	6.8	6.76	6.82	6.82	6.8	6.76	6.79	6.84	6.82
200	21.85	21.59	21.56	21.50	21.42	21.58	21.56	21.50	21.42	21.49	21.63	21.58
400	48.88	48.43	48.25	48.08	47.78	48.28	48.25	48.08	47.78	48.04	48.42	48.28
800	01:53.29	01:51.68	01:52.06	01:51.85	01:51.19	01:52.01	01:52.06	01:51.85	01:51.19	01:51.70	01:52.31	01:52.01
Mile	04:11.46	04:07.52	04:06.72	04:06.86	04:05.60	04:07.63	04:06.72	04:06.86	04:05.60	04:06.39	04:08.81	04:07.63
3k	08:17.93	08:11.26	08:14.15	08:11.45	08:09.64	08:12.89	08:14.15	08:11.45	08:09.64	08:11.75	08:15.39	08:12.89
5K	14:28.98	14:20.18	14:21.81	14:18.36	14:18.18	14:21.50	14:21.81	14:18.36	14:18.18	14:19.45	14:23.96	14:21.50
60H	8.31	8.15	8.09	8.08	8.07	8.14	8.09	8.08	8.07	8.08	8.17	8.14
4X400	03:18.48	03:16.19	03:14.81	03:14.25	03:13.74	03:15.49	03:14.81	03:14.25	03:13.74	03:14.27	03:16.11	03:15.49
DMR	10:14.08	09:59.19	09:56.04	09:57.30	09:55.61	10:00.44	09:56.04	09:57.30	09:55.61	09:56.32	10:01.79	10:00.44
HJ	2.01	2.04	2.05	2.06	2.04	2.04	2.05	2.06	2.04	2.05	2.04	2.04
PV	4.75	4.74	4.78	4.87	4.85	4.80	4.78	4.87	4.85	4.83	4.78	4.80
LJ	7.00	7.15	7.23	7.28	7.26	7.18	7.23	7.28	7.26	7.26	7.16	7.18
TJ	14.08	14.54	14.61	14.72	14.75	14.54	14.61	14.72	14.75	14.69	14.49	14.54
SP	16.14	16.52	16.63	16.34	16.50	16.43	16.63	16.34	16.50	16.49	16.40	16.43
WT	17.78	18.59	18.52	18.29	18.08	18.25	18.52	18.29	18.08	18.30	18.20	18.25
Hep	4487	4829	4815	4780	4834	4749	4815	4780	4834	4810	4745	4749

***Based on a banked/oversized track

Women's OTF - Average of 40th place mark for all events

Event	2021	2022	2023	2024	2025	Average		2023	2024	2025	Average		2025 Mark	2026 Mark
100	11.84	11.79	11.68	11.63	11.61	11.71		11.68	11.63	11.61	11.64		11.76	11.71
200	24.42	24.19	23.98	23.99	23.84	24.08		23.98	23.99	23.84	23.94		24.18	24.08
400	56.34	55.95	55.50	54.98	54.69	55.49		55.50	54.98	54.69	55.06		55.7	55.49
800	02:13.21	02:11.16	02:10.73	02:10.68	02:10.46	02:11.25		02:10.73	02:10.68	02:10.46	02:10.62		02:11.62	02:11.25
1500	04:32.94	04:29.71	04:27.27	04:27.65	04:27.08	04:28.93		04:27.27	04:27.65	04:27.08	04:27.33		04:30.17	04:28.93
5K	17:08.22	16:57.62	16:53.14	16:46.33	16:44.58	16:53.98		16:53.14	16:46.33	16:44.58	16:48.02		16:59.79	16:53.98
10K	36:50.87	35:46.46	35:47.00	35:54.51	35:43.37	36:00.44		35:47.00	35:54.51	35:43.37	35:48.29		36:12.34	36:00.44
100H	14.33	14.18	14.15	14.05	14.01	14.14		14.15	14.05	14.01	14.07		14.18	14.14
400H	01:03.08	01:02.17	01:01.84	01:01.68	01:00.60	01:01.87		01:01.84	01:01.68	01:00.60	01:01.37		01:02.10	01:01.87
3K Steeple	11:06.19	10:57.45	11:05.32	10:53.44	10:52.71	10:59.02		11:05.32	10:53.44	10:52.71	10:57.16		11:00.51	10:59.02
4X100	47.03	46.75	46.34	46.02	45.85	46.40		46.34	46.02	45.85	46.07		46.5	46.4
4X400	03:49.66	03:50.24	03:46.94	03:46.02	03:34.80	03:45.53		03:46.94	03:46.02	03:34.80	03:42.59		03:48.34	03:45.53
HJ	1.68	1.68	1.66	1.69	1.68	1.68		1.66	1.69	1.68	1.68		1.68	1.68
PV	3.82	3.82	3.77	3.81	3.80	3.80		3.77	3.81	3.80	3.79		3.79	3.79
LJ	5.82	5.87	5.86	5.92	5.94	5.88		5.86	5.92	5.94	5.91		5.86	5.88
TJ	11.88	12.07	11.99	12.05	11.96	11.99		11.99	12.05	11.96	12.00		11.99	11.99
SP	13.79	13.93	13.71	14.05	13.95	13.89		13.71	14.05	13.95	13.90		13.9	13.89
Discus	45.62	45.45	44.57	45.69	46.33	45.53		44.57	45.69	46.33	45.53		45.24	45.53
HT	52.86	52.59	53.03	53.05	53.56	53.02		53.03	53.05	53.56	53.21		52.8	53.02
Javelin	41.83	42.53	41.60	42.69	42.41	42.21		41.60	42.69	42.41	42.23		42.12	42.21
Hep	4479	4516	4516	4776	4657	4589		4516	4776	4657	4650		4564	4589

Men's OTF - Average of 40th place mark for all events

Event	2021	2022	2023	2024	2025	Average	2023	2024	2025	Average	2025 Mark	2026 Mark
100	10.54	10.44	10.41	10.40	10.37	10.43	10.41	10.40	10.37	10.39	10.47	10.43
200	21.29	21.22	21.07	21.04	20.94	21.11	21.07	21.04	20.94	21.02	21.17	21.11
400	48.11	47.67	47.44	47.36	47.19	47.55	47.44	47.36	47.19	47.33	47.66	47.55
800	01:51.57	01:50.46	01:50.74	01:50.61	01:50.44	01:50.76	01:50.74	01:50.61	01:50.44	01:50.60	01:51.02	01:50.76
1500	03:48.40	03:46.88	03:47.17	03:47.18	03:46.06	03:47.14	03:47.17	03:47.18	03:46.06	03:46.80	03:48.16	03:47.14
5K	14:14.71	14:16.34	14:15.14	14:09.34	14:08.70	14:12.85	14:15.14	14:09.34	14:08.70	14:11.06	14:17.53	14:12.85
10K	30:08.89	29:53.65	29:51.63	29:43.59	29:42.03	29:51.96	29:51.63	29:43.59	29:42.03	29:45.75	30:03.95	29:51.96
110H	14.49	14.43	14.28	14.24	14.21	14.33	14.28	14.24	14.21	14.24	14.39	14.33
400H	53.68	53.19	52.93	52.85	52.65	53.06	52.93	52.85	52.65	52.81	53.15	53.06
3K Steeple	09:11.07	09:09.48	09:11.74	09:07.26	09:13.16	09:10.54	09:11.74	09:07.26	09:13.16	09:10.72	09:11.00	09:10.72
4X100	41.14	40.76	40.60	40.49	40.39	40.68	40.60	40.49	40.39	40.49	40.80	40.68
4X400	03:15.47	03:13.62	03:12.45	03:11.74	03:11.20	03:12.90	03:12.45	03:11.74	03:11.20	03:11.80	03:13.28	03:12.90
HJ	2.03	2.05	2.05	2.07	2.04	2.05	2.05	2.07	2.04	2.05	2.05	2.05
PV	4.84	4.82	4.85	4.91	4.93	4.87	4.85	4.91	4.93	4.90	4.85	4.87
LJ	7.24	7.34	7.38	7.37	7.35	7.34	7.38	7.37	7.35	7.37	7.32	7.34
TJ	14.69	14.70	14.68	14.78	14.81	14.73	14.68	14.78	14.81	14.76	14.70	14.73
SP	16.72	16.58	16.63	16.57	16.75	16.65	16.63	16.57	16.75	16.65	16.59	16.65
Discus	50.55	50.99	50.16	50.46	51.76	50.78	50.16	50.46	51.76	50.79	50.51	50.78
HT	57.42	57.49	56.99	56.95	57.18	57.21	56.99	56.95	57.18	57.04	57.13	57.04
Javelin	56.68	59.68	59.05	60.20	62.44	59.61	59.05	60.20	62.44	60.56	58.93	59.61
Dec	6450	6241	6302	6339	6404	6347	6302	6339	6404	6348.33	6294	6347