

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

Event	2022	2023	2024	2025	2026	Average		2024	2025	2026	Average		2026 Mark	2027 Mark
60	7.63	7.59	7.56	7.53	7.54	7.57		7.56	7.53	7.54	7.54		7.61	7.57
200	24.72	24.54	24.44	24.28	24.35	24.47		24.44	24.28	24.35	24.36		24.63	24.47
400	56.62	56.34	55.84	55.64	55.47	55.98		55.84	55.64	55.47	55.65		56.50	55.98
800	02:13.51	02:13.17	02:12.26	02:11.63	02:12.33	02:12.58		02:12.26	02:11.63	02:12.33	02:12.07		02:13.30	02:12.58
Mile	04:54.43	04:54.14	04:53.29	04:52.19	04:53.82	04:53.57		04:53.29	04:52.19	04:53.82	04:53.10		04:54.48	04:53.57
3K	09:47.37	09:51.13	09:48.73	09:43.66	09:47.15	09:47.61		09:48.73	09:43.66	09:47.15	09:46.51		09:50.34	09:47.61
5K	17:08.56	17:05.92	16:55.43	17:02.94	17:01.84	17:02.94		16:55.43	17:02.94	17:01.84	17:00.07		17:03.21	17:02.94
60H	8.79	8.77	8.76	8.68	8.69	8.74		8.76	8.68	8.69	8.71		8.79	8.74
4X400	03:52.02	03:50.07	03:48.54	03:47.03	03:47.24	03:48.98		03:48.54	03:47.03	03:47.24	03:47.60		03:50.87	03:48.98
DMR	11:57.71	11:53.24	11:52.16	11:53.01	11:56.42	11:54.51		11:52.16	11:53.01	11:56.42	11:53.86		11:58.03	11:54.51
HJ	1.68	1.67	1.68	1.68	1.68	1.68		1.68	1.68	1.68	1.68		1.67	1.68
PV	3.75	3.68	3.75	3.76	3.75	3.74		3.75	3.76	3.75	3.75		3.72	3.74
LJ	5.67	5.78	5.76	5.79	5.86	5.77		5.76	5.79	5.86	5.80		5.72	5.77
TJ	11.75	11.71	11.90	11.85	11.81	11.80		11.90	11.85	11.81	11.85		11.74	11.80
SP	13.71	13.68	13.80	13.58	13.76	13.71		13.80	13.58	13.76	13.71		13.64	13.71
WT	17.05	17.27	17.28	17.24	17.48	17.26		17.28	17.24	17.48	17.33		17.26	17.26
Pent	3285	3300	3425	3398	3481	3378		3425	3398	3481	3435		3310	3378

***Based on indexing conversion mark

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

Events	2022	2023	2024	2025	2026	Average	2024	2025	2026	Average	2026 Mark	2027 Mark
60	6.83	6.82	6.8	6.76	6.77	6.80	6.8	6.76	6.77	6.78	6.82	6.8
200	21.59	21.56	21.50	21.42	21.37	21.49	21.50	21.42	21.37	21.43	21.58	21.49
400	48.43	48.25	48.08	47.78	47.59	48.03	48.08	47.78	47.59	47.82	48.28	48.03
800	01:51.68	01:52.06	01:51.85	01:51.19	01:51.40	01:51.64	01:51.85	01:51.19	01:51.40	01:51.48	01:52.01	01:51.64
Mile	04:07.52	04:06.72	04:06.86	04:05.60	04:05.22	04:06.38	04:06.86	04:05.60	04:05.22	04:05.89	04:07.63	04:06.38
3k	08:11.26	08:14.15	08:11.45	08:09.64	08:08.58	08:11.02	08:11.45	08:09.64	08:08.58	08:09.89	08:12.89	08:11.02
5K	14:20.18	14:21.81	14:18.36	14:18.18	14:10.14	14:17.73	14:18.36	14:18.18	14:10.14	14:15.56	14:21.50	14:17.73
60H	8.15	8.09	8.08	8.07	8.06	8.09	8.08	8.07	8.06	8.07	8.14	8.09
4X400	03:16.19	03:14.81	03:14.25	03:13.74	03:13.11	03:14.42	03:14.25	03:13.74	03:13.11	03:13.70	03:15.49	03:14.42
DMR	09:59.19	09:56.04	09:57.30	09:55.61	09:58.76	09:57.38	09:57.30	09:55.61	09:58.76	09:57.22	10:00.44	09:57.38
HJ	2.04	2.05	2.06	2.04	2.05	2.05	2.06	2.04	2.05	2.05	2.04	2.05
PV	4.74	4.78	4.87	4.85	4.92	4.83	4.87	4.85	4.92	4.88	4.80	4.83
LJ	7.15	7.23	7.28	7.26	7.25	7.23	7.28	7.26	7.25	7.26	7.18	7.23
TJ	14.54	14.61	14.72	14.75	14.80	14.68	14.72	14.75	14.80	14.76	14.54	14.68
SP	16.52	16.63	16.34	16.50	16.64	16.53	16.34	16.50	16.64	16.49	16.43	16.49
WT	18.59	18.52	18.29	18.08	18.70	18.44	18.29	18.08	18.70	18.36	18.25	18.36
Hep	4829	4815	4780	4834	4868	4825	4780	4834	4868	4827	4749	4825

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

Event	2022	2023	2024	2025	2026	Average		2024	2025	2026	Average		2026 Mark	2027 Mark
100	11.79	11.68	11.63	11.61	11.69	11.68		11.63	11.61	11.69	11.64		11.71	11.68
200	24.19	23.98	23.99	23.84	23.93	23.99		23.99	23.84	23.93	23.92		24.08	23.99
400	55.95	55.50	54.98	54.69	54.79	55.18		54.98	54.69	54.79	54.82		55.49	55.18
800	02:11.16	02:10.73	02:10.68	02:10.46	02:09.66	02:10.54		02:10.68	02:10.46	02:09.66	02:10.27		02:11.25	02:10.54
1500	04:29.71	04:27.27	04:27.65	04:27.08	04:28.53	04:28.05		04:27.65	04:27.08	04:28.53	04:27.75		04:28.93	04:28.05
5K	16:57.62	16:53.14	16:46.33	16:44.58	16:54.28	16:51.19		16:46.33	16:44.58	16:54.28	16:48.40		16:53.98	16:51.19
10K	35:46.46	35:47.00	35:54.51	35:43.37	35:37.68	35:45.80		35:54.51	35:43.37	35:37.68	35:45.19		36:00.44	35:45.80
100H	14.18	14.15	14.05	14.01	13.97	14.07		14.05	14.01	13.97	14.01		14.14	14.07
400H	01:02.17	01:01.84	01:01.68	01:00.60	01:00.73	01:01.40		01:01.68	01:00.60	01:00.73	01:01.00		01:01.87	01:01.40
3K Steeple	10:57.45	11:05.32	10:53.44	10:52.71	10:50.52	10:55.89		10:53.44	10:52.71	10:50.52	10:52.22		10:59.02	10:55.89
4X100	46.75	46.34	46.02	45.85	45.95	46.18		46.02	45.85	45.95	45.94		46.4	46.18
4X400	03:50.24	03:46.94	03:46.02	03:34.80	03:43.82	03:44.36		03:46.02	03:34.80	03:43.82	03:41.55		03:45.53	03:44.36
HJ	1.68	1.66	1.69	1.68	1.68	1.68		1.69	1.68	1.68	1.68		1.68	1.68
PV	3.82	3.77	3.81	3.80	3.82	3.80		3.81	3.80	3.82	3.81		3.79	3.8
LJ	5.87	5.86	5.92	5.94	5.92	5.90		5.92	5.94	5.92	5.93		5.88	5.9
TJ	12.07	11.99	12.05	11.96	11.99	12.01		12.05	11.96	11.99	12.00		11.99	12
SP	13.93	13.71	14.05	13.95	14.07	13.94		14.05	13.95	14.07	14.02		13.89	13.94
Discus	45.45	44.57	45.69	46.33	46.92	45.79		45.69	46.33	46.92	46.31		45.53	45.79
HT	52.59	53.03	53.05	53.56	53.05	53.06		53.05	53.56	53.05	53.22		53.02	53.06
Javelin	42.53	41.60	42.69	42.41	43.47	42.54		42.69	42.41	43.47	42.86		42.21	42.54
Hep	4516	4516	4776	4657	4739	4641		4776	4657	4739	4724		4589	4641

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

Event	2022	2023	2024	2025	2026	Average		2024	2025	2026	Average		2026 Mark	2027 Mark
100	10.44	10.41	10.40	10.37	10.37	10.40		10.40	10.37	10.37	10.38		10.43	10.4
200	21.22	21.07	21.04	20.94	21.01	21.06		21.04	20.94	21.01	21.00		21.11	21.06
400	47.67	47.44	47.36	47.19	46.97	47.33		47.36	47.19	46.97	47.17		47.55	47.33
800	01:50.46	01:50.74	01:50.61	01:50.44	01:49.70	01:50.39		01:50.61	01:50.44	01:49.70	01:50.25		01:50.76	01:50.39
1500	03:46.88	03:47.17	03:47.18	03:46.06	03:46.08	03:46.67		03:47.18	03:46.06	03:46.08	03:46.44		03:47.14	03:46.67
5K	14:16.34	14:15.14	14:09.34	14:08.70	14:12.74	14:12.45		14:09.34	14:08.70	14:12.74	14:10.26		14:12.85	14:12.45
10K	29:53.65	29:51.63	29:43.59	29:42.03	30:00.48	29:50.28		29:43.59	29:42.03	30:00.48	29:48.70		29:51.96	29:50.28
110H	14.43	14.28	14.24	14.21	14.20	14.27		14.24	14.21	14.20	14.22		14.33	14.27
400H	53.19	52.93	52.85	52.65	52.30	52.78		52.85	52.65	52.30	52.60		53.06	52.78
3K Steeple	09:09.48	09:11.74	09:07.26	09:13.16	09:08.23	09:09.97		09:07.26	09:13.16	09:08.23	09:09.55		09:10.72	09:09.97
4X100	40.76	40.60	40.49	40.39	40.45	40.54		40.49	40.39	40.45	40.44		40.68	40.54
4X400	03:13.62	03:12.45	03:11.74	03:11.20	03:11.25	03:12.05		03:11.74	03:11.20	03:11.25	03:11.40		03:12.90	03:12.05
HJ	2.05	2.05	2.07	2.04	2.05	2.05		2.07	2.04	2.05	2.05		2.05	2.05
PV	4.82	4.85	4.91	4.93	4.98	4.90		4.91	4.93	4.98	4.94		4.87	4.90
LJ	7.34	7.38	7.37	7.35	7.37	7.36		7.37	7.35	7.37	7.36		7.34	7.36
TJ	14.70	14.68	14.78	14.81	14.84	14.76		14.78	14.81	14.84	14.81		14.73	14.76
SP	16.58	16.63	16.57	16.75	16.74	16.65		16.57	16.75	16.74	16.69		16.65	16.65
Discus	50.99	50.16	50.46	51.76	51.38	50.95		50.46	51.76	51.38	51.20		50.78	50.95
HT	57.49	56.99	56.95	57.18	58.50	57.42		56.95	57.18	58.50	57.54		57.04	57.42
Javelin	59.68	59.05	60.20	62.44	62.71	60.82		60.20	62.44	62.71	61.78		59.61	60.82
Dec	6241	6302	6339	6404	6445	6346		6339	6404	6445	6396.00		6347	6346