

## TRACK EVENTS MEN

Event	Level	2003 (18)	2002 (19)	2001 (20)	2000 (21)	1999 (22)	1998 (23)	1997 (24)	1996 (25)	1995 (26)	1994 (27)	1993 (28)
<b>100m</b>	Tier I	10.84s	10.74s	10.65s	10.59s	10.57s	10.50s	10.44s	10.42s	10.38s	10.38s	10.36s
	Tier II	11.06s	10.95s	10.86s	10.80s	10.78s	10.70s	10.64s	10.64s	10.58s	10.58s	10.56s
<b>200m</b>	Tier I	22.02s	21.95s	21.78s	21.59s	21.53s	21.33s	21.22s	21.13s	21.09s	21.05s	21.02s
	Tier II	22.45s	22.37s	22.20s	22.01s	21.95s	21.74s	21.63s	21.53s	21.49s	21.45s	21.43s
<b>400m</b>	Tier I	49.25s	48.78s	48.14s	47.78s	47.56s	47.44s	47.33s	47.12	46.99s	46.77s	46.48s
	Tier II	50.20s	49.73s	49.07	48.71s	48.48s	48.36s	48.25s	48.03s	47.90s	47.68s	47.48s
<b>800m</b>	Tier I	1:51.36s	1:51.13s	1:50.37s	1:50.00s	1:49.35s	1:48.92s	1:48.75s	1:48.51s	1:48.21s	1:48.21s	1:48.21s
	Tier II	1:53.51s	1:53.37s	1:52.50s	1:52.14s	1:51.46s	1:51.04s	1:50.83s	1:50.62s	1:50.31s	1:50.31s	1:50.31s
<b>1500m</b>	Tier I	3:54.96s	3:52.76s	3:52.16s	3:49.86s	3:48.06s	3:47.04s	3:46.40s	3:46.13s	3:44.47s	3:43.57s	3:42.91s
	Tier II	3:59.52s	3:57.27s	3:56.66s	3:54.22s	3:52.48s	3:51.44s	3:50.78s	3:50.51s	3:48.83s	3:47.92s	3:47.24s
<b>5000m</b>	Tier I	14:07.07s	14:01.03s	13:51.23s	13:49.40s	13:45.78s	13:45.51s	13:42.99s	13:38.57s	13:37.45s	13:35.62s	13:34.60s
	Tier II	14:23.44s	14:17.09s	14:07.85s	14:05.93s	14:02.11s	14:01.40s	13:56.23s	13:54.48	13:53.23s	13:51.46s	13:50.42s
<b>10000m</b>	Tier I	30:00.07s	30:00.07s	29:41.74s	29:41.74s	29:33.76s	29:33.76s	29:16.43s	28:54.48s	28:44.52s	28:35.57s	28:19.51s
	Tier II	30:34.87s	30:34.87s	30:34.60s	30:34.60s	30:08.39s	30:08.39s	29:40.84s	29:29.17s	29:18.01s	29:08.87s	29:02.61s
<b>Marathon</b>	Tier I	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min	2:16.58min
	Tier II	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min	2:19.38min
<b>110mH</b>	Tier I	14.87s	14.70s	14.59s	14.45s	14.27s	14.23s	14.19s	14.08s	14.03s	13.99s	13.95s
<b>1.07m</b>	Tier II	15.16s	14.99s	14.87s	14.74s	14.54s	14.50s	14.45s	14.36s	14.31s	14.26s	14.22s
<b>110mH</b>	Tier I	14.50s										
<b>.99m</b>	Tier II	14.79s										
<b>400mH.91</b>	Tier I	54.50s	53.80s	53.25s	52.75s	52.24s	51.78s	51.61s	51.41s	51.25s	51.25s	50.84s
	Tier II	55.56s	54.85s	54.28s	53.77s	53.25s	52.79s	52.62s	52.56s	52.44s	52.25s	51.83s

## FIELD EVENTS MEN

Event	Level	2003 (18)	2002 (19)	2001 (20)	2000 (21)	1999 (22)	1998 (23)	1997 (24)	1996 (25)	1995 (26)	1994 (27)	1993 (28)
<b>3000m SC</b>	Tier I	8:54.33s	8:54.33s	8:49.44s	8:46.28s	8:41.27s	8:41.27s	8:34.44s	8:32.53s	8:31.24s	8:30.23s	8:29.47s
	Tier II	9:04.70s	9:04.70s	8:59.72s	8:56.50s	8:51.39s	8:46.36s	8:44.43s	8:42.48s	8:41.16s	8:40.13s	8:39.36s
<b>High Jump</b>	Tier I	2.02m	2.07m	2.10m	2.14m	2.17m	2.17m	2.20m	2.20m	2.22m	2.22m	2.24m
	Tier II	1.99m	2.03m	2.06m	2.10m	2.13m	2.13m	2.16m	2.16m	2.17m	2.17m	2.19m
<b>Long Jump</b>	Tier I	7.17m	7.29m	7.32m	7.40m	7.53m	7.61m	7.65m	7.68m	7.73m	7.75m	7.77m
	Tier II	7.03m	7.14m	7.18m	7.25m	7.38m	7.44m	7.48m	7.52m	7.56m	7.59m	7.60m
<b>Triple Jump</b>	Tier I	14.83m	15.07m	15.40m	15.55m	15.85m	15.98m	16.07m	16.17m	16.29m	16.39m	16.47m
	Tier II	14.52m	14.76m	15.09m	15.24m	15.53m	15.66m	15.74m	15.85m	15.95m	16.05m	16.13m
<b>Pole Vault</b>	Tier I	4.90m	4.90m	5.04m	5.14m	5.19m	5.24m	5.29m	5.34m	5.39m	5.44m	5.39m
	Tier II	4.80m	4.80m	4.95m	5.04m	5.09m	5.13m	5.18m	5.23m	5.28m	5.32m	5.37m
<b>Shot Put 7.26kg</b>	Tier I	14.97m	15.53m	16.62m	16.98m	17.76m	18.01m	18.40m	18.82m	18.95m	19.14m	19.35m
	Tier II	14.67m	15.22m	16.28m	16.62m	17.39m	17.63m	18.02m	18.43m	18.55m	18.74m	18.95m
<b>Shot Put 6kg</b>	Tier I	16.47m										
	Tier II	16.13m										
<b>Discus 2kg</b>	Tier I	47.60m	51.91m	54.50m	55.69m	56.80m	57.19m	59.44m	60.20m	60.86m	61.47m	61.84m
	Tier II	46.62m	50.84m	53.38m	54.55m	55.63m	56.00m	58.22m	58.95m	59.61m	60.21m	60.57m
<b>Discus 1.75kg</b>	Tier I	50.23m										
	Tier II	49.20m										
<b>Javelin 800gm</b>	Tier I	65.29m	65.47m	67.93m	69.88m	71.19m	73.27m	74.85m	76.09m	76.88m	77.54m	78.61m
	Tier II	63.94m	64.12m	66.53m	68.44m	69.73m	71.75m	73.31m	73.79m	75.30m	75.93m	76.98m
<b>Hammer 7.26kg</b>	Tier I	56.13m	60.86m	63.01m	64.04m	65.43m	66.35m	67.39m	68.73m	70.18m	71.18m	72.29m
	Tier II	54.97m	57.88m	59.78m	62.72m	64.07m	64.98m	65.99m	67.32m	68.73m	69.71m	70.79m
<b>Hammer 6kg</b>	Tier I	59.13m										
	Tier II	57.90m										
<b>Decathlon</b>	Tier I	6552pts	6619pts	6803pts	7032pts	7239pts	7401pts	7480pts	7637pts	7676	7725pts	7775pts
<b>Sr Events</b>	Tier II	6418pts	6482pts	6663pts	6886pts	7090pts	7249pts	7326pts	7479pts	7517pts	7566pts	7614pts