

WOMEN	Level	2005 (18)	2004 (19)	2003 (20)	2002 (21)	2001 (22)	2000 (23)	1999 (24)	1998 (25)	1997 (26)	1996 (27)	1995 (28)
100m	Tier I	12.14s	12.08s	11.97s	11.84s	11.74s	11.70s	11.66s	11.62s	11.60s	11.58s	11.57s
	Tier II	12.38s	12.32s	12.21s	12.08s	11.97s	11.93s	11.89s	11.85s	11.83s	11.80s	11.79s
200m	Tier I	25.20s	24.92s	24.73s	24.51s	24.35s	24.23s	24.16s	24.08s	24.03s	23.97s	23.93s
	Tier II	25.68s	25.40s	25.22s	24.99s	24.83s	24.70s	24.62s	24.55s	24.49s	24.43s	24.39s
400m	Tier I	57.41s	56.52s	55.93s	55.37s	54.35s	53.80s	53.59s	53.34s	53.04s	52.87s	52.81s
	Tier II	58.53s	57.62s	57.01s	56.45s	55.41s	54.84s	54.63s	54.38s	54.07s	53.90s	53.83s
800m	Tier I	2:10.13s	2:08.93s	2:07.30s	2:07.10s	2:06.13s	2:05.70s	2:05.26s	2:04.95s	2:04.52s	2:04.16s	2:03.92s
	Tier II	2:12.67s	2:11.44s	2:10.59s	2:09.80s	2:08.59s	2:08.15s	2:07.72s	2:07.36s	2:06.94s	2:06.56s	2:06.32s
1500m	Tier I	4:37.50s	4:31.32s	4:26.50s	4:19.66s	4:19.23s	4:18.59s	4:17.52s	4:16.63s	4:15.50s	4:14.54s	4:13.46s
	Tier II	4:43.87s	4:36.53s	4:31.68s	4:25.31s	4:24.47s	4:23.83s	4:22.73s	4:21.81s	4:20.66s	4:19.69s	4:18.58s
5000m	Tier I	15:58.26s	15:56.64s	15:51.59s	15:48.15s	15:34.15s	15:33.39s	15:32.67s	15:31.44s	15:30.27s	15:29.15s	15:27.22s
	Tier II	16:16.88s	16:15.21s	16:10.07s	16:06.59s	15:52.29s	15:51.52s	15:50.80s	15:49.53s	15:48.34s	15:47.20s	15:45.23s
10000m	Tier I	34:15.00s	34:10.24s	33:55.93s	33:34.71s	33:14.78s	33:08.53s	33:03.46s	32:58.41s	32:52.98s	32:46.62s	32:41.07s
	Tier II	34:54.91s	34:50.07s	34:35.48s	34:13.85s	34:13.32s	33:47.14s	33:41.97s	33:36.82s	33:31.29s	33:24.81s	33:19.15s
Marathon	Tier I	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min	2:36.59min
	Tier II	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min	2:40:01min
100mH .84m	Tier I	14.50s	14.29s	14.04s	13.96s	13.80s	13.73s	13.58s	13.43s	13.37s	13.34s	13.31s
	Tier II	14.79s	14.56s	14.32s	14.23s	14.07s	14.00s	13.85s	13.70s	13.63s	13.59s	13.56s
400mH.76m	Tier I	1:01.67s	1:01.29s	1:00.05s	59.25s	59.00s	58.68s	58.40s	58.13s	57.84s	57.62s	57.41s
	Tier II	1:03.05s	1:01.49s	1:01.22s	1:00.40s	1:00.15s	59.82s	59.54s	59.26s	58.95s	58.74	58.53s
3000m SC	Tier I	10:51.37s	10:32.52s	10:17.54s	10:09.99s	10:06.06s	10:02.9	9:59.90s	9:56.75s	9:54.05s	9:51.18s	9:47.69s
	Tier II	11:04.04s	10:44.81s	10:29.55s	10:20.85s	10:17.84s	10:14.84s	10:08.55s	10:05.35s	10:05.58s	10:02.65s	9:59.11s