



# WMA Proposed Age Grading Tables

Age Grading factors are used to compare a master's performance to the open world record, i.e. a male athlete with a 100% age grade in 100m means he ran an age adjusted time of 9.58 and a female ran 10.49. The Age Grade Update Committee used millions of performances to establish the factors for each event at each age for men and women. They also compared the factors with performances by individual athletes over many decades of competition to confirm that factors were valid.

The previous Age Grading factors were established without the benefit of this data, especially at the older ages and therefore many performances had over a 100% age grade. Examples:

Athlete	Age Group	Event	Actual	Age Grade	Age Adjusted	Better than WR	Other notes
Giuseppe Ottaviano	M100	Triple Jump	3.52m	235%	21.00m	12.05m	
Flo Meiler	W85	Pole Vault	1.65m	137%	6.95m	1.56m	0.77m over men's record
Irene Obera	W80	80m Hurdles	18.70	131%	9.33	2.87	0.16 better than men's 100m record
Yoko Nakano	W80	800m	3:30.41	115%	1:38.50	14.78	2.41 better than men's record

The proposed age factors more accurately represent actual performance decline as athletes age than any previous update.

Key points about performances by older athletes:

- More older athletes are competing, some for the first time.
- Many records are frequently broken or newly established and will continue to be broken as the events become more competitive.

The Five-Year Age Graded Tables are for calculating points for combined events. The One-Year Age Graded Tables are for calculating age graded performances and percentages for each age in all WMA events.

For your use to easily calculate age graded performances, download the excel file labeled "WMA Age Grading Calculator". It will give you the one and five-year age grade and age graded performance. It will also give you the points for an event that is in a combined event. Try out these new proposed tables and if you have any questions or comments, please email: [WMA.agegrading@gmail.com](mailto:WMA.agegrading@gmail.com)

## 2022 WOMEN'S 5 YEAR AGE FACTORS FOR COMBINED EVENTS

age	60m	100m	200m	400m	800m	1000m	1500m	60m Hurdles	Short Hurdles
35	1.0000	1.0000	1.0000	0.9713	0.9900	0.9983	0.9845	1.0000	0.9932
40	0.9930	0.9909	0.9869	0.9419	0.9573	0.9645	0.9490	0.9299	1.1368
45	0.9623	0.9541	0.9483	0.9098	0.9228	0.9291	0.9126	0.9007	1.0971
50	0.9308	0.9177	0.9101	0.8751	0.8863	0.8920	0.8754	0.8902	1.0597
55	0.8987	0.8815	0.8721	0.8379	0.8480	0.8534	0.8374	0.8584	1.0188
60	0.8660	0.8457	0.8344	0.7984	0.8080	0.8134	0.7987	0.8257	0.9774
65	0.8326	0.8102	0.7970	0.7567	0.7664	0.7720	0.7592	0.7922	0.9355
70	0.7986	0.7749	0.7597	0.7128	0.7232	0.7292	0.7190	0.7519	0.8862
75	0.7640	0.7399	0.7222	0.6635	0.6743	0.6818	0.6769	0.7010	0.8249
80	0.7234	0.6994	0.6753	0.6066	0.6170	0.6255	0.6251	0.6394	0.7515
85	0.6684	0.6448	0.6158	0.5422	0.5514	0.5600	0.5623	0.5672	0.6661
90	0.5992	0.5761	0.5437	0.4703	0.4774	0.4854	0.4886	0.4845	0.5686
95	0.5158	0.4933	0.4591	0.3911	0.3953	0.4017	0.4040	0.3913	0.4592
100	0.4180	0.3963	0.3620	0.3046	0.3050	0.3090	0.3085	0.2875	0.3379
105	0.3061	0.2852	0.2523	0.2108	0.2065	0.2073	0.2022	0.1733	0.2046
110	0.1800	0.1600	0.1300	0.1100	0.1000	0.0962	0.0850	0.0487	0.0594

age	High Jump	Pole Vault	Long Jump	Shot Put	Discus	Hammer	Javelin	Weight
35	1.0226	1.0005	1.0401	1.0384	1.0000	1.0730	1.0277	1.0626
40	1.0704	1.0620	1.0979	1.1179	1.0812	1.1792	1.1299	1.1420
45	1.1218	1.1291	1.1606	1.2074	1.1743	1.2984	1.2455	1.2322
50	1.1771	1.2024	1.2289	1.1338	1.2804	1.2418	1.2574	1.1681
55	1.2369	1.2831	1.3037	1.2353	1.4031	1.3769	1.3963	1.2736
60	1.3017	1.3722	1.3859	1.3537	1.5471	1.5345	1.5586	1.1772
65	1.3724	1.4713	1.4768	1.4938	1.7190	1.7219	1.7510	1.3030
70	1.4496	1.5822	1.5780	1.6628	1.9285	1.9491	1.9834	1.4571
75	1.5345	1.7137	1.6924	1.5276	1.8969	1.7001	2.0305	1.3708
80	1.6359	1.8959	1.8473	1.7425	2.1892	1.9762	2.3559	1.5784
85	1.7720	2.1582	2.0721	2.0233	2.5811	2.3448	2.7841	1.8576
90	1.9578	2.5565	2.4115	2.4066	3.1355	2.8636	3.3769	2.2537
95	2.2193	3.2177	2.9629	2.9620	3.9816	3.6512	4.2545	2.8601
100	2.6058	4.5010	3.9836	3.8399	5.4345	4.9946	5.6922	3.9056
105	3.2234	7.9830	6.4430	5.1810	8.4145	7.6267	8.4883	6.0221
110	4.3478	50.0000	20.0000	7.0711	17.3205	13.1951	16.3299	12.2297

## 2022 MEN'S 5 YEAR AGE FACTORS FOR COMBINED EVENTS

age	60m	100m	200m	400m	800m	1000m	1500m	60m Hurdles	Short Hurdles
35	0.9992	0.9962	0.9763	0.9815	0.9990	1.0000	0.9804	1.0000	0.9957
40	0.9787	0.9688	0.9501	0.9527	0.9622	0.9653	0.9509	0.9710	0.9641
45	0.9567	0.9408	0.9233	0.9238	0.9265	0.9307	0.9199	0.9383	0.9300
50	0.9335	0.9125	0.8959	0.8947	0.8919	0.8964	0.8872	0.9145	0.9740
55	0.9089	0.8837	0.8678	0.8655	0.8582	0.8624	0.8531	0.8794	0.9315
60	0.8831	0.8544	0.8392	0.8362	0.8255	0.8286	0.8176	0.8745	0.9550
65	0.8560	0.8248	0.8100	0.8069	0.7937	0.7951	0.7807	0.8363	0.9042
70	0.8277	0.7948	0.7802	0.7774	0.7629	0.7619	0.7424	0.8185	1.0875
75	0.7983	0.7643	0.7500	0.7461	0.7251	0.7233	0.7029	0.7775	1.0168
80	0.7646	0.7318	0.7171	0.7019	0.6752	0.6749	0.6591	0.7257	0.9412
85	0.7173	0.6859	0.6685	0.6431	0.6132	0.6138	0.6014	0.6567	0.8474
90	0.6559	0.6249	0.6022	0.5697	0.5390	0.5398	0.5295	0.5705	0.7331
95	0.5804	0.5488	0.5182	0.4817	0.4526	0.4529	0.4434	0.4671	0.5987
100	0.4910	0.4576	0.4165	0.3790	0.3540	0.3531	0.3430	0.3464	0.4441
105	0.3875	0.3513	0.2971	0.2618	0.2431	0.2404	0.2286	0.2087	0.2695
110	0.2700	0.2300	0.1600	0.1300	0.1200	0.1143	0.1000	0.0538	0.0750

age	High Jump	Pole Vault	Long Jump	Shot Put	Discus	Hammer	Javelin	Weight
35	1.0140	1.0104	1.0456	1.0238	1.0000	1.0000	1.0438	1.0153
40	1.0602	1.0630	1.1040	1.0892	1.0102	1.0460	1.1218	1.0774
45	1.1105	1.1228	1.1671	1.1626	1.0786	1.1134	1.2110	1.1461
50	1.1654	1.1912	1.2355	1.1322	1.0019	1.0842	1.2293	0.9989
55	1.2254	1.2701	1.3100	1.2180	1.0802	1.1696	1.3425	1.0689
60	1.2916	1.3619	1.3916	1.2020	0.9567	1.1612	1.3675	1.0046
65	1.3648	1.4699	1.4812	1.3070	1.0453	1.2750	1.5184	1.0834
70	1.4463	1.5984	1.5801	1.2798	1.1518	1.2667	1.5566	1.0269
75	1.5375	1.7538	1.6913	1.4126	1.2827	1.4268	1.7731	1.1273
80	1.6405	1.9454	1.8425	1.3639	1.4525	1.4171	1.8402	1.0613
85	1.7576	2.1870	2.0631	1.5397	1.6837	1.6639	2.1894	1.2158
90	1.8920	2.5314	2.3974	1.7658	2.0159	2.0189	2.6989	1.4404
95	2.0576	3.1233	2.9421	2.0679	2.5330	2.5718	3.4861	1.7938
100	2.3444	4.2976	3.9527	2.4921	3.4466	3.5489	4.7841	2.4270
105	2.8744	7.5405	6.3947	3.1316	5.4909	5.6277	7.2999	3.8776
110	4.0000	50.0000	20.0000	4.2064	14.1421	12.8565	14.1421	10.5283

## 2022 WOMEN'S One-Year AGE FACTORS

age	60m	100m	200m	400m	800m	1000m	1500m	Mile	2000m	3000m	5000m
35	1.0000	1.0000	1.0000	0.9713	0.9900	0.9983	0.9845	0.9757	1.0000	1.0000	1.0000
36	1.0000	1.0000	1.0000	0.9656	0.9836	0.9917	0.9774	0.9699	1.0000	1.0000	0.9980
37	1.0000	1.0000	1.0000	0.9599	0.9772	0.9850	0.9704	0.9640	1.0000	1.0000	0.9914
38	1.0000	1.0000	1.0000	0.9540	0.9706	0.9782	0.9633	0.9580	0.9943	0.9931	0.9848
39	0.9991	0.9983	0.9946	0.9480	0.9640	0.9714	0.9561	0.9519	0.9870	0.9858	0.9780
40	0.9930	0.9909	0.9869	0.9419	0.9573	0.9645	0.9490	0.9458	0.9796	0.9784	0.9712
41	0.9869	0.9835	0.9791	0.9357	0.9506	0.9575	0.9418	0.9395	0.9721	0.9709	0.9642
42	0.9808	0.9761	0.9714	0.9294	0.9437	0.9505	0.9345	0.9332	0.9646	0.9633	0.9571
43	0.9747	0.9688	0.9637	0.9229	0.9368	0.9434	0.9273	0.9268	0.9570	0.9556	0.9500
44	0.9685	0.9614	0.9560	0.9164	0.9298	0.9363	0.9199	0.9202	0.9494	0.9479	0.9427
45	0.9623	0.9541	0.9483	0.9098	0.9228	0.9291	0.9126	0.9136	0.9418	0.9401	0.9353
46	0.9561	0.9468	0.9407	0.9030	0.9156	0.9218	0.9052	0.9070	0.9340	0.9322	0.9279
47	0.9498	0.9395	0.9330	0.8962	0.9084	0.9144	0.8978	0.9002	0.9263	0.9242	0.9203
48	0.9435	0.9322	0.9254	0.8893	0.9011	0.9070	0.8904	0.8933	0.9185	0.9161	0.9126
49	0.9372	0.9249	0.9177	0.8822	0.8937	0.8995	0.8829	0.8864	0.9106	0.9080	0.9049
50	0.9308	0.9177	0.9101	0.8751	0.8863	0.8920	0.8754	0.8794	0.9027	0.8997	0.8970
51	0.9245	0.9104	0.9025	0.8678	0.8788	0.8844	0.8679	0.8722	0.8947	0.8914	0.8891
52	0.9181	0.9032	0.8949	0.8605	0.8712	0.8767	0.8603	0.8651	0.8867	0.8830	0.8811
53	0.9117	0.8959	0.8873	0.8531	0.8635	0.8690	0.8527	0.8578	0.8787	0.8746	0.8730
54	0.9052	0.8887	0.8797	0.8455	0.8558	0.8613	0.8451	0.8504	0.8706	0.8660	0.8648
55	0.8987	0.8815	0.8721	0.8379	0.8480	0.8534	0.8374	0.8430	0.8624	0.8574	0.8565
56	0.8922	0.8743	0.8646	0.8302	0.8402	0.8456	0.8297	0.8355	0.8543	0.8487	0.8481
57	0.8857	0.8672	0.8570	0.8224	0.8322	0.8376	0.8220	0.8279	0.8460	0.8400	0.8396
58	0.8791	0.8600	0.8495	0.8145	0.8242	0.8296	0.8143	0.8202	0.8377	0.8312	0.8311
59	0.8726	0.8528	0.8419	0.8065	0.8162	0.8215	0.8065	0.8125	0.8294	0.8223	0.8224
60	0.8660	0.8457	0.8344	0.7984	0.8080	0.8134	0.7987	0.8047	0.8210	0.8133	0.8137
61	0.8593	0.8386	0.8269	0.7902	0.7998	0.8052	0.7908	0.7968	0.8126	0.8043	0.8049
62	0.8527	0.8315	0.8194	0.7820	0.7916	0.7970	0.7830	0.7888	0.8042	0.7952	0.7960
63	0.8460	0.8243	0.8119	0.7736	0.7832	0.7887	0.7751	0.7808	0.7957	0.7860	0.7871
64	0.8393	0.8172	0.8044	0.7652	0.7749	0.7804	0.7671	0.7726	0.7871	0.7768	0.7780
65	0.8326	0.8102	0.7970	0.7567	0.7664	0.7720	0.7592	0.7644	0.7785	0.7674	0.7689
66	0.8258	0.8031	0.7895	0.7481	0.7579	0.7636	0.7512	0.7562	0.7699	0.7581	0.7597
67	0.8190	0.7960	0.7820	0.7394	0.7493	0.7551	0.7432	0.7478	0.7612	0.7486	0.7504
68	0.8122	0.7890	0.7746	0.7306	0.7407	0.7465	0.7352	0.7394	0.7525	0.7391	0.7411
69	0.8054	0.7819	0.7672	0.7218	0.7320	0.7379	0.7271	0.7309	0.7438	0.7296	0.7317
70	0.7986	0.7749	0.7597	0.7128	0.7232	0.7292	0.7190	0.7224	0.7350	0.7200	0.7222
71	0.7917	0.7679	0.7523	0.7036	0.7141	0.7203	0.7109	0.7138	0.7262	0.7103	0.7126
72	0.7848	0.7609	0.7449	0.6940	0.7047	0.7112	0.7027	0.7051	0.7173	0.7005	0.7029
73	0.7779	0.7539	0.7375	0.6842	0.6949	0.7018	0.6946	0.6960	0.7084	0.6907	0.6932
74	0.7710	0.7469	0.7301	0.6740	0.6848	0.6920	0.6860	0.6865	0.6991	0.6808	0.6834
75	0.7640	0.7399	0.7222	0.6635	0.6743	0.6818	0.6769	0.6766	0.6896	0.6709	0.6736
76	0.7570	0.7329	0.7138	0.6528	0.6635	0.6713	0.6674	0.6664	0.6797	0.6609	0.6636
77	0.7495	0.7254	0.7049	0.6417	0.6524	0.6604	0.6575	0.6557	0.6695	0.6509	0.6536
78	0.7413	0.7173	0.6955	0.6303	0.6409	0.6491	0.6471	0.6446	0.6590	0.6408	0.6436
79	0.7326	0.7086	0.6857	0.6186	0.6291	0.6375	0.6363	0.6331	0.6482	0.6306	0.6330
80	0.7234	0.6994	0.6753	0.6066	0.6170	0.6255	0.6251	0.6213	0.6371	0.6204	0.6219
81	0.7135	0.6896	0.6644	0.5943	0.6045	0.6131	0.6134	0.6090	0.6256	0.6102	0.6104
82	0.7031	0.6793	0.6530	0.5818	0.5917	0.6004	0.6013	0.5964	0.6137	0.5993	0.5983

**2022 WOMEN'S One-Year AGE FACTORS**

age	60m	100m	200m	400m	800m	1000m	1500m	Mile	2000m	3000m	5000m
83	0.6921	0.6683	0.6411	0.5689	0.5786	0.5873	0.5887	0.5834	0.6013	0.5879	0.5857
84	0.6806	0.6569	0.6287	0.5557	0.5652	0.5738	0.5758	0.5699	0.5884	0.5760	0.5727
85	0.6684	0.6448	0.6158	0.5422	0.5514	0.5600	0.5623	0.5561	0.5750	0.5635	0.5591
86	0.6557	0.6322	0.6024	0.5284	0.5372	0.5458	0.5485	0.5419	0.5611	0.5504	0.5450
87	0.6425	0.6190	0.5884	0.5143	0.5228	0.5313	0.5341	0.5273	0.5467	0.5368	0.5305
88	0.6286	0.6053	0.5740	0.4999	0.5080	0.5163	0.5194	0.5123	0.5318	0.5226	0.5154
89	0.6142	0.5910	0.5591	0.4853	0.4929	0.5011	0.5042	0.4969	0.5164	0.5078	0.4999
90	0.5992	0.5761	0.5437	0.4703	0.4774	0.4854	0.4886	0.4812	0.5006	0.4925	0.4838
91	0.5837	0.5607	0.5278	0.4550	0.4617	0.4694	0.4726	0.4650	0.4842	0.4766	0.4673
92	0.5675	0.5447	0.5114	0.4395	0.4456	0.4530	0.4561	0.4485	0.4674	0.4602	0.4502
93	0.5508	0.5281	0.4945	0.4236	0.4291	0.4363	0.4392	0.4316	0.4501	0.4432	0.4327
94	0.5336	0.5110	0.4771	0.4075	0.4124	0.4192	0.4218	0.4142	0.4323	0.4257	0.4147
95	0.5158	0.4933	0.4591	0.3911	0.3953	0.4017	0.4040	0.3965	0.4140	0.4076	0.3962
96	0.4973	0.4750	0.4407	0.3743	0.3779	0.3839	0.3858	0.3785	0.3953	0.3890	0.3772
97	0.4784	0.4562	0.4218	0.3573	0.3601	0.3657	0.3671	0.3600	0.3760	0.3698	0.3577
98	0.4588	0.4368	0.4024	0.3400	0.3421	0.3472	0.3480	0.3411	0.3563	0.3500	0.3377
99	0.4387	0.4169	0.3824	0.3224	0.3237	0.3283	0.3285	0.3219	0.3361	0.3297	0.3172
100	0.4180	0.3963	0.3620	0.3046	0.3050	0.3090	0.3085	0.3023	0.3154	0.3089	0.2963
101	0.3968	0.3752	0.3411	0.2864	0.2859	0.2894	0.2881	0.2822	0.2942	0.2874	0.2748
102	0.3750	0.3536	0.3196	0.2679	0.2665	0.2694	0.2673	0.2619	0.2725	0.2655	0.2529
103	0.3526	0.3314	0.2977	0.2492	0.2469	0.2491	0.2460	0.2411	0.2503	0.2430	0.2305
104	0.3296	0.3086	0.2752	0.2302	0.2268	0.2284	0.2243	0.2199	0.2277	0.2199	0.2076
105	0.3061	0.2852	0.2523	0.2108	0.2065	0.2073	0.2022	0.1984	0.2045	0.1963	0.1842
106	0.2820	0.2613	0.2288	0.1912	0.1859	0.1859	0.1796	0.1765	0.1809	0.1721	0.1603
107	0.2574	0.2368	0.2049	0.1714	0.1649	0.1641	0.1566	0.1542	0.1567	0.1474	0.1360
108	0.2322	0.2118	0.1804	0.1512	0.1436	0.1418	0.1332	0.1315	0.1321	0.1222	0.1111
109	0.2064	0.1862	0.1555	0.1307	0.1219	0.1192	0.1093	0.1084	0.1068	0.0964	0.0858
110	0.1800	0.1600	0.1300	0.1100	0.1000	0.0962	0.0850	0.0850	0.0810	0.0700	0.0600

age	10000m	60m Hurdles	Short Hurdles	Long Hurdles	Steeple Chase	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put
35	1.0000	1.0000	0.9932	0.9901	0.9754	1.0226	1.0005	1.0401	1.0000	1.0384
36	0.9946	0.9996	0.9866	0.9830	0.9663	1.0319	1.0124	1.0513	1.0051	1.0536
37	0.9874	0.9937	0.9800	0.9759	0.9572	1.0413	1.0245	1.0627	1.0170	1.0691
38	0.9801	0.9878	0.9734	0.9688	0.9482	1.0509	1.0368	1.0742	1.0292	1.0850
39	0.9728	0.9818	0.9668	0.9617	0.9392	1.0606	1.0493	1.0860	1.0415	1.1013
40	0.9654	0.9299	1.1368	0.9546	0.9303	1.0704	1.0620	1.0979	1.0541	1.1179
41	0.9580	0.9241	1.1289	0.9475	0.9214	1.0804	1.0750	1.1100	1.0669	1.1349
42	0.9504	0.9183	1.1210	0.9404	0.9126	1.0905	1.0882	1.1224	1.0799	1.1524
43	0.9428	0.9125	1.1131	0.9332	0.9038	1.1008	1.1016	1.1349	1.0931	1.1703
44	0.9351	0.9066	1.1051	0.9261	0.8951	1.1112	1.1152	1.1476	1.1066	1.1886
45	0.9274	0.9007	1.0971	0.9190	0.8864	1.1218	1.1291	1.1606	1.1203	1.2074
46	0.9196	0.8947	1.0891	0.9119	0.8778	1.1325	1.1432	1.1738	1.1343	1.2267
47	0.9117	0.8887	1.0811	0.9048	0.8692	1.1434	1.1576	1.1872	1.1485	1.2465
48	0.9038	0.8827	1.0730	0.8977	0.8606	1.1544	1.1723	1.2009	1.1630	1.2668
49	0.8958	0.8766	1.0649	0.8906	0.8521	1.1657	1.1872	1.2147	1.1778	1.2877
50	0.8877	0.8902	1.0597	1.1803	0.8437	1.1771	1.2024	1.2289	1.1928	1.1338
51	0.8796	0.8839	1.0516	1.1708	0.8352	1.1887	1.2180	1.2433	1.2082	1.1529

**2022 WOMEN'S One-Year AGE FACTORS**

age	10000m	60m Hurdles	Short Hurdles	Long Hurdles	Steeple Chase	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put
52	0.8714	0.8776	1.0434	1.1613	0.8269	1.2004	1.2338	1.2580	1.2238	1.1726
53	0.8632	0.8712	1.0352	1.1518	0.8185	1.2124	1.2499	1.2729	1.2397	1.1929
54	0.8549	0.8648	1.0270	1.1423	0.8103	1.2245	1.2663	1.2881	1.2560	1.2138
55	0.8465	0.8584	1.0188	1.1328	0.8020	1.2369	1.2831	1.3037	1.2726	1.2353
56	0.8381	0.8519	1.0106	1.1233	0.7938	1.2494	1.3002	1.3195	1.2895	1.2575
57	0.8296	0.8454	1.0023	1.1138	0.7856	1.2622	1.3177	1.3356	1.3067	1.2804
58	0.8211	0.8388	0.9940	1.1043	0.7775	1.2751	1.3355	1.3520	1.3244	1.3040
59	0.8125	0.8323	0.9857	1.0948	0.7694	1.2883	1.3537	1.3688	1.3424	1.3284
60	0.8038	0.8257	0.9774	1.0853	0.7614	1.3017	1.3722	1.3859	1.3607	1.3537
61	0.7951	0.8190	0.9691	1.0758	0.7534	1.3154	1.3912	1.4033	1.3795	1.3798
62	0.7863	0.8124	0.9607	1.0663	0.7454	1.3293	1.4106	1.4211	1.3987	1.4068
63	0.7775	0.8057	0.9523	1.0568	0.7372	1.3434	1.4304	1.4393	1.4183	1.4348
64	0.7687	0.7989	0.9439	1.0473	0.7287	1.3577	1.4506	1.4579	1.4383	1.4638
65	0.7598	0.7922	0.9355	1.0379	0.7200	1.3724	1.4713	1.4768	1.4588	1.4938
66	0.7508	0.7850	0.9266	1.0284	0.7110	1.3873	1.4925	1.4962	1.4798	1.5251
67	0.7418	0.7773	0.9173	1.0189	0.7017	1.4024	1.5142	1.5160	1.5012	1.5575
68	0.7327	0.7693	0.9074	1.0094	0.6922	1.4179	1.5363	1.5362	1.5232	1.5912
69	0.7236	0.7608	0.8971	0.9999	0.6824	1.4336	1.5590	1.5568	1.5456	1.6263
70	0.7144	0.7519	0.8862	1.5322	0.6723	1.4496	1.5822	1.5780	1.5686	1.6628
71	0.7052	0.7426	0.8749	1.5155	0.6620	1.4659	1.6060	1.5996	1.5922	1.7009
72	0.6959	0.7328	0.8631	1.4979	0.6514	1.4826	1.6304	1.6217	1.6164	1.7406
73	0.6866	0.7226	0.8509	1.4793	0.6405	1.4996	1.6564	1.6444	1.6412	1.7821
74	0.6772	0.7120	0.8381	1.4597	0.6294	1.5169	1.6841	1.6675	1.6665	1.8255
75	0.6678	0.7010	0.8249	1.4391	0.6180	1.5345	1.7137	1.6924	1.6926	1.5276
76	0.6584	0.6895	0.8112	1.4176	0.6064	1.5525	1.7454	1.7191	1.7205	1.5665
77	0.6489	0.6776	0.7970	1.3951	0.5945	1.5716	1.7792	1.7478	1.7503	1.6072
78	0.6393	0.6653	0.7823	1.3716	0.5823	1.5918	1.8154	1.7786	1.7823	1.6500
79	0.6292	0.6526	0.7671	1.3471	0.5698	1.6132	1.8542	1.8117	1.8166	1.6951
80	0.6186	0.6394	0.7515	1.3217	0.5571	1.6359	1.8959	1.8473	1.8535	1.7425
81	0.6074	0.6258	0.7353	1.2952	0.5441	1.6599	1.9407	1.8857	1.8930	1.7925
82	0.5957	0.6118	0.7187	1.2678	0.5309	1.6855	1.9889	1.9270	1.9356	1.8453
83	0.5835	0.5974	0.7017	1.2394	0.5174	1.7126	2.0410	1.9716	1.9815	1.9012
84	0.5707	0.5825	0.6841	1.2101	0.5036	1.7414	2.0972	2.0199	2.0310	1.9604
85	0.5573	0.5672	0.6661	1.1797	0.4895	1.7720	2.1582	2.0721	2.0846	2.0233
86	0.5435	0.5515	0.6475	1.1484	0.4752	1.8046	2.2244	2.1287	2.1426	2.0902
87	0.5291	0.5354	0.6285	1.1161	0.4606	1.8392	2.2965	2.1904	2.2057	2.1615
88	0.5141	0.5189	0.6090	1.0828	0.4457	1.8762	2.3752	2.2575	2.2743	2.2376
89	0.4986	0.5019	0.5891	1.0486	0.4306	1.9156	2.4616	2.3309	2.3493	2.3191
90	0.4826	0.4845	0.5686	1.0134	0.4152	1.9578	2.5565	2.4115	2.4314	2.4066
91	0.4660	0.4667	0.5477	0.9771	0.3995	2.0029	2.6614	2.5000	2.5217	2.5008
92	0.4489	0.4485	0.5263	0.9400	0.3836	2.0513	2.7778	2.5979	2.6214	2.6024
93	0.4313	0.4298	0.5044	0.9018	0.3674	2.1032	2.9077	2.7064	2.7319	2.7124
94	0.4131	0.4107	0.4821	0.8627	0.3509	2.1591	3.0533	2.8274	2.8549	2.8318
95	0.3944	0.3913	0.4592	0.8225	0.3341	2.2193	3.2177	2.9629	2.9926	2.9620
96	0.3752	0.3713	0.4359	0.7814	0.3171	2.2843	3.4046	3.1157	3.1478	3.1044
97	0.3554	0.3510	0.4121	0.7394	0.2998	2.3548	3.6188	3.2891	3.3239	3.2610
98	0.3351	0.3303	0.3879	0.6963	0.2822	2.4314	3.8668	3.4875	3.5251	3.4339

2022 WOMEN'S One-Year AGE FACTORS

age	10000m	60m	Short	Long	Steeple	High	Pole	Long	Triple	Shot
99	0.3143	0.3091	0.3631	0.6523	0.2644	2.5147	4.1570	3.7165	3.7573	3.6257
100	0.2929	0.2875	0.3379	0.6073	0.2463	2.6058	4.5010	3.9836	4.0279	3.8399
101	0.2710	0.2655	0.3122	0.5613	0.2279	2.7057	4.9150	4.2990	4.3471	4.0705
102	0.2486	0.2431	0.2860	0.5143	0.2092	2.8157	5.4227	4.6767	4.7292	4.3186
103	0.2256	0.2203	0.2593	0.4664	0.1903	2.9373	6.0595	5.1372	5.1944	4.5856
104	0.2021	0.1970	0.2322	0.4175	0.1711	3.0725	6.8816	5.7104	5.7730	4.8726
105	0.1781	0.1733	0.2046	0.3676	0.1516	3.2234	7.9830	6.4430	6.5116	5.1810
106	0.1535	0.1492	0.1765	0.3167	0.1318	3.3930	9.5344	7.4120	7.4867	5.5117
107	0.1284	0.1247	0.1479	0.2648	0.1118	3.5849	11.8813	8.7526	8.8330	5.8657
108	0.1028	0.0998	0.1189	0.2120	0.0915	3.8037	15.8446	10.7284	10.8111	6.2435
109	0.0767	0.0745	0.0894	0.1582	0.0709	4.0554	23.9668	13.9288	14.0003	6.6455
110	0.0500	0.0487	0.0594	0.1034	0.0500	4.3478	50.0000	20.0000	20.0000	7.0711

age	Discus	Hammer	Javelin	Weight	3000m	5000m	10k	20k	10k	Half	Mara- thon
					RaceWalk	RaceWalk	RaceWalk	RaceWalk	Run	Marathon	
35	1.0000	1.0730	1.0277	1.0626	0.9855	0.9959	1.0000	1.0000	0.9985	1.0000	0.9915
36	1.0143	1.0933	1.0472	1.0777	0.9798	0.9905	1.0000	0.9955	0.9928	1.0000	0.9854
37	1.0305	1.1141	1.0671	1.0932	0.9741	0.9850	1.0000	0.9899	0.9870	0.9958	0.9792
38	1.0470	1.1353	1.0875	1.1090	0.9682	0.9794	0.9965	0.9842	0.9811	0.9895	0.9728
39	1.0639	1.1570	1.1085	1.1253	0.9622	0.9737	0.9900	0.9784	0.9751	0.9832	0.9663
40	1.0812	1.1792	1.1299	1.1420	0.9561	0.9678	0.9835	0.9724	0.9689	0.9767	0.9597
41	1.0989	1.2019	1.1519	1.1591	0.9499	0.9619	0.9769	0.9662	0.9626	0.9701	0.9529
42	1.1170	1.2251	1.1744	1.1766	0.9436	0.9558	0.9701	0.9599	0.9562	0.9633	0.9461
43	1.1356	1.2490	1.1975	1.1947	0.9373	0.9496	0.9633	0.9535	0.9497	0.9564	0.9391
44	1.1547	1.2734	1.2212	1.2132	0.9308	0.9432	0.9563	0.9469	0.9431	0.9494	0.9319
45	1.1743	1.2984	1.2455	1.2322	0.9242	0.9368	0.9492	0.9402	0.9363	0.9423	0.9247
46	1.1944	1.3241	1.2705	1.2518	0.9175	0.9303	0.9421	0.9333	0.9294	0.9350	0.9173
47	1.2150	1.3505	1.2961	1.2719	0.9107	0.9236	0.9348	0.9263	0.9224	0.9277	0.9098
48	1.2362	1.3776	1.3225	1.2926	0.9038	0.9168	0.9275	0.9192	0.9153	0.9202	0.9022
49	1.2580	1.4054	1.3496	1.3139	0.8968	0.9100	0.9200	0.9120	0.9081	0.9125	0.8944
50	1.2804	1.2418	1.2574	1.1681	0.8898	0.9030	0.9125	0.9046	0.9008	0.9048	0.8866
51	1.3035	1.2673	1.2836	1.1879	0.8826	0.8959	0.9049	0.8970	0.8933	0.8970	0.8786
52	1.3273	1.2935	1.3105	1.2084	0.8753	0.8887	0.8971	0.8894	0.8858	0.8890	0.8705
53	1.3518	1.3205	1.3383	1.2294	0.8680	0.8814	0.8893	0.8816	0.8781	0.8809	0.8623
54	1.3771	1.3482	1.3668	1.2512	0.8606	0.8740	0.8814	0.8736	0.8703	0.8727	0.8540
55	1.4031	1.3769	1.3963	1.2736	0.8530	0.8665	0.8734	0.8656	0.8624	0.8644	0.8456
56	1.4300	1.4064	1.4267	1.2969	0.8454	0.8589	0.8653	0.8574	0.8544	0.8559	0.8371
57	1.4578	1.4369	1.4581	1.3209	0.8377	0.8513	0.8571	0.8491	0.8463	0.8474	0.8284
58	1.4866	1.4684	1.4905	1.3458	0.8300	0.8435	0.8489	0.8407	0.8381	0.8387	0.8197
59	1.5163	1.5009	1.5240	1.3715	0.8221	0.8356	0.8405	0.8321	0.8298	0.8300	0.8109
60	1.5471	1.5345	1.5586	1.1772	0.8142	0.8276	0.8321	0.8234	0.8214	0.8211	0.8019
61	1.5790	1.5694	1.5944	1.2005	0.8061	0.8195	0.8236	0.8146	0.8128	0.8122	0.7929
62	1.6120	1.6054	1.6315	1.2246	0.7980	0.8113	0.8150	0.8057	0.8042	0.8031	0.7837
63	1.6463	1.6428	1.6699	1.2498	0.7898	0.8031	0.8063	0.7967	0.7955	0.7939	0.7745
64	1.6819	1.6816	1.7097	1.2759	0.7816	0.7947	0.7975	0.7875	0.7866	0.7846	0.7651
65	1.7190	1.7219	1.7510	1.3030	0.7732	0.7863	0.7887	0.7783	0.7777	0.7753	0.7557
66	1.7575	1.7637	1.7939	1.3313	0.7648	0.7777	0.7798	0.7689	0.7686	0.7658	0.7462
67	1.7976	1.8072	1.8385	1.3607	0.7563	0.7691	0.7708	0.7594	0.7595	0.7562	0.7365

**2022 WOMEN'S One-Year AGE FACTORS**

age	Discus	Hammer	Javelin	Weight	3000m	5000m	10k	20k	10k	Half	Mara- thon
					RaceWalk	RaceWalk	RaceWalk	RaceWalk	Run	Marathon	thon
68	1.8394	1.8526	1.8848	1.3915	0.7477	0.7604	0.7617	0.7497	0.7503	0.7465	0.7268
69	1.8830	1.8998	1.9331	1.4235	0.7391	0.7516	0.7525	0.7400	0.7409	0.7367	0.7170
70	1.9285	1.9491	1.9834	1.4571	0.7303	0.7427	0.7433	0.7302	0.7315	0.7269	0.7071
71	1.9761	2.0005	2.0358	1.4922	0.7215	0.7337	0.7340	0.7202	0.7220	0.7169	0.6971
72	2.0259	2.0543	2.0905	1.5289	0.7127	0.7247	0.7246	0.7101	0.7124	0.7069	0.6870
73	2.0781	2.1107	2.1477	1.5674	0.7037	0.7155	0.7152	0.6999	0.7026	0.6967	0.6769
74	2.1328	2.1697	2.2075	1.6078	0.6947	0.7063	0.7056	0.6895	0.6928	0.6865	0.6666
75	1.8969	1.7001	2.0305	1.3708	0.6856	0.6970	0.6961	0.6790	0.6829	0.6761	0.6563
76	1.9493	1.7497	2.0892	1.4080	0.6765	0.6877	0.6864	0.6684	0.6726	0.6657	0.6459
77	2.0044	1.8018	2.1509	1.4471	0.6673	0.6782	0.6767	0.6577	0.6617	0.6552	0.6354
78	2.0626	1.8568	2.2157	1.4884	0.6580	0.6687	0.6669	0.6468	0.6504	0.6446	0.6248
79	2.1241	1.9148	2.2839	1.5321	0.6486	0.6590	0.6570	0.6359	0.6387	0.6339	0.6137
80	2.1892	1.9762	2.3559	1.5784	0.6392	0.6493	0.6471	0.6248	0.6265	0.6231	0.6022
81	2.2581	2.0412	2.4318	1.6275	0.6297	0.6396	0.6371	0.6135	0.6138	0.6123	0.5903
82	2.3313	2.1101	2.5121	1.6796	0.6202	0.6297	0.6270	0.6022	0.6007	0.6009	0.5779
83	2.4093	2.1834	2.5973	1.7351	0.6106	0.6198	0.6169	0.5908	0.5871	0.5888	0.5650
84	2.4923	2.2614	2.6878	1.7943	0.6009	0.6098	0.6067	0.5792	0.5731	0.5763	0.5517
85	2.5811	2.3448	2.7841	1.8576	0.5912	0.5998	0.5964	0.5675	0.5586	0.5631	0.5379
86	2.6762	2.4339	2.8868	1.9255	0.5814	0.5896	0.5861	0.5557	0.5436	0.5494	0.5237
87	2.7783	2.5296	2.9966	1.9984	0.5715	0.5794	0.5757	0.5438	0.5282	0.5351	0.5091
88	2.8882	2.6325	3.1143	2.0769	0.5616	0.5691	0.5653	0.5318	0.5124	0.5202	0.4940
89	3.0070	2.7435	3.2407	2.1618	0.5516	0.5588	0.5548	0.5196	0.4961	0.5048	0.4784
90	3.1355	2.8636	3.3769	2.2537	0.5416	0.5484	0.5442	0.5074	0.4793	0.4887	0.4624
91	3.2753	2.9940	3.5240	2.3537	0.5315	0.5379	0.5336	0.4950	0.4621	0.4722	0.4460
92	3.4278	3.1362	3.6835	2.4629	0.5210	0.5270	0.5225	0.4825	0.4444	0.4550	0.4291
93	3.5948	3.2917	3.8571	2.5826	0.5102	0.5157	0.5110	0.4699	0.4263	0.4373	0.4117
94	3.7785	3.4625	4.0466	2.7143	0.4990	0.5039	0.4991	0.4572	0.4077	0.4190	0.3940
95	3.9816	3.6512	4.2545	2.8601	0.4874	0.4918	0.4868	0.4444	0.3887	0.4001	0.3758
96	4.2074	3.8607	4.4834	3.0222	0.4755	0.4792	0.4740	0.4315	0.3693	0.3807	0.3571
97	4.4598	4.0945	4.7369	3.2036	0.4632	0.4662	0.4608	0.4185	0.3493	0.3607	0.3380
98	4.7438	4.3573	5.0192	3.4080	0.4505	0.4528	0.4471	0.4054	0.3290	0.3402	0.3185
99	5.0660	4.6549	5.3354	3.6400	0.4375	0.4390	0.4330	0.3922	0.3082	0.3191	0.2985
100	5.4345	4.9946	5.6922	3.9056	0.4241	0.4248	0.4185	0.3789	0.2869	0.2974	0.2781
101	5.8600	5.3861	6.0978	4.2090	0.4103	0.4102	0.4036	0.3654	0.2652	0.2752	0.2572
102	6.3512	5.8423	6.5633	4.5587	0.3962	0.3951	0.3882	0.3519	0.2431	0.2524	0.2359
103	6.9243	6.3596	7.1027	4.9662	0.3817	0.3797	0.3724	0.3382	0.2205	0.2291	0.2142
104	7.6018	6.9496	7.7356	5.4468	0.3668	0.3638	0.3562	0.3245	0.1975	0.2051	0.1920
105	8.4145	7.6267	8.4883	6.0221	0.3516	0.3475	0.3396	0.3107	0.1740	0.1807	0.1694
106	9.4075	8.4094	9.3988	6.7230	0.3360	0.3308	0.3225	0.2967	0.1501	0.1557	0.1464
107	10.6478	9.3213	10.5225	7.5954	0.3200	0.3137	0.3050	0.2827	0.1257	0.1301	0.1230
108	12.2406	10.3933	11.9444	8.7106	0.3037	0.2962	0.2871	0.2686	0.1009	0.1039	0.0991
109	14.3606	11.6662	13.8014	10.1862	0.2870	0.2783	0.2688	0.2543	0.0757	0.0772	0.0748
110	17.3205	13.1951	16.3299	12.2297	0.2700	0.2600	0.2500	0.2400	0.0500	0.0500	0.0500



## 2022 MEN'S One-Year AGE FACTORS

age	60m	100m	200m	400m	800m	1000m	1500m	Mile	2000m	3000m	5000m
35	0.9992	0.9962	0.9763	0.9815	0.9990	1.0000	0.9804	0.9793	0.9940	1.0000	1.0000
36	0.9952	0.9907	0.9711	0.9758	0.9916	0.9931	0.9746	0.9745	0.9883	0.9946	1.0000
37	0.9912	0.9853	0.9659	0.9700	0.9842	0.9862	0.9688	0.9695	0.9822	0.9881	0.9966
38	0.9871	0.9798	0.9607	0.9643	0.9768	0.9792	0.9629	0.9644	0.9760	0.9815	0.9891
39	0.9829	0.9743	0.9554	0.9585	0.9695	0.9723	0.9570	0.9592	0.9698	0.9749	0.9816
40	0.9787	0.9688	0.9501	0.9527	0.9622	0.9653	0.9509	0.9539	0.9635	0.9682	0.9741
41	0.9744	0.9632	0.9448	0.9469	0.9550	0.9584	0.9449	0.9484	0.9572	0.9614	0.9666
42	0.9701	0.9576	0.9395	0.9411	0.9478	0.9514	0.9387	0.9429	0.9507	0.9545	0.9590
43	0.9657	0.9521	0.9341	0.9353	0.9407	0.9445	0.9325	0.9372	0.9442	0.9476	0.9514
44	0.9612	0.9465	0.9287	0.9296	0.9336	0.9376	0.9262	0.9314	0.9377	0.9406	0.9438
45	0.9567	0.9408	0.9233	0.9238	0.9265	0.9307	0.9199	0.9255	0.9311	0.9336	0.9362
46	0.9522	0.9352	0.9179	0.9179	0.9195	0.9238	0.9135	0.9195	0.9244	0.9265	0.9285
47	0.9476	0.9296	0.9124	0.9121	0.9125	0.9169	0.9070	0.9134	0.9176	0.9193	0.9208
48	0.9429	0.9239	0.9069	0.9063	0.9056	0.9100	0.9005	0.9072	0.9108	0.9121	0.9131
49	0.9382	0.9182	0.9014	0.9005	0.8987	0.9032	0.8939	0.9009	0.9040	0.9048	0.9054
50	0.9335	0.9125	0.8959	0.8947	0.8919	0.8964	0.8872	0.8944	0.8970	0.8974	0.8976
51	0.9287	0.9068	0.8903	0.8889	0.8851	0.8895	0.8805	0.8879	0.8900	0.8900	0.8898
52	0.9238	0.9010	0.8847	0.8830	0.8783	0.8828	0.8738	0.8813	0.8830	0.8825	0.8820
53	0.9189	0.8952	0.8791	0.8772	0.8716	0.8760	0.8670	0.8745	0.8759	0.8750	0.8741
54	0.9139	0.8895	0.8735	0.8714	0.8649	0.8691	0.8601	0.8677	0.8687	0.8674	0.8663
55	0.9089	0.8837	0.8678	0.8655	0.8582	0.8624	0.8531	0.8608	0.8615	0.8598	0.8584
56	0.9038	0.8779	0.8622	0.8597	0.8516	0.8556	0.8461	0.8537	0.8542	0.8521	0.8505
57	0.8987	0.8720	0.8565	0.8538	0.8450	0.8488	0.8391	0.8466	0.8468	0.8443	0.8425
58	0.8936	0.8662	0.8507	0.8480	0.8385	0.8421	0.8320	0.8394	0.8394	0.8365	0.8346
59	0.8883	0.8603	0.8450	0.8421	0.8320	0.8354	0.8248	0.8320	0.8320	0.8286	0.8266
60	0.8831	0.8544	0.8392	0.8362	0.8255	0.8286	0.8176	0.8246	0.8245	0.8207	0.8186
61	0.8777	0.8485	0.8334	0.8304	0.8191	0.8219	0.8103	0.8171	0.8169	0.8127	0.8106
62	0.8724	0.8426	0.8276	0.8245	0.8127	0.8152	0.8030	0.8095	0.8093	0.8046	0.8025
63	0.8670	0.8367	0.8217	0.8186	0.8063	0.8085	0.7956	0.8017	0.8016	0.7965	0.7945
64	0.8615	0.8308	0.8159	0.8127	0.8000	0.8018	0.7882	0.7939	0.7939	0.7884	0.7864
65	0.8560	0.8248	0.8100	0.8069	0.7937	0.7951	0.7807	0.7860	0.7861	0.7802	0.7783
66	0.8504	0.8188	0.8041	0.8010	0.7875	0.7885	0.7731	0.7780	0.7783	0.7720	0.7701
67	0.8448	0.8128	0.7982	0.7951	0.7813	0.7818	0.7655	0.7700	0.7704	0.7637	0.7620
68	0.8392	0.8068	0.7922	0.7892	0.7751	0.7751	0.7579	0.7618	0.7625	0.7553	0.7538
69	0.8335	0.8008	0.7862	0.7833	0.7690	0.7685	0.7502	0.7535	0.7545	0.7469	0.7456
70	0.8277	0.7948	0.7802	0.7774	0.7629	0.7619	0.7424	0.7452	0.7464	0.7384	0.7374
71	0.8219	0.7887	0.7742	0.7715	0.7563	0.7549	0.7346	0.7367	0.7383	0.7299	0.7292
72	0.8161	0.7826	0.7682	0.7656	0.7492	0.7475	0.7268	0.7282	0.7302	0.7214	0.7209
73	0.8102	0.7766	0.7621	0.7597	0.7416	0.7398	0.7189	0.7196	0.7220	0.7128	0.7126
74	0.8043	0.7705	0.7561	0.7532	0.7336	0.7318	0.7109	0.7109	0.7137	0.7042	0.7043
75	0.7983	0.7643	0.7500	0.7461	0.7251	0.7233	0.7029	0.7021	0.7055	0.6955	0.6960
76	0.7923	0.7582	0.7438	0.7384	0.7161	0.7145	0.6949	0.6933	0.6971	0.6867	0.6877
77	0.7862	0.7521	0.7377	0.7302	0.7066	0.7054	0.6868	0.6843	0.6887	0.6779	0.6793
78	0.7796	0.7459	0.7315	0.7213	0.6966	0.6958	0.6781	0.6749	0.6799	0.6691	0.6710
79	0.7723	0.7391	0.7247	0.7119	0.6861	0.6856	0.6689	0.6649	0.6707	0.6602	0.6626
80	0.7646	0.7318	0.7171	0.7019	0.6752	0.6749	0.6591	0.6544	0.6612	0.6513	0.6535
81	0.7563	0.7238	0.7088	0.6913	0.6638	0.6637	0.6487	0.6433	0.6510	0.6417	0.6438
82	0.7474	0.7152	0.6998	0.6801	0.6518	0.6520	0.6377	0.6318	0.6402	0.6315	0.6335
83	0.7379	0.7060	0.6901	0.6684	0.6394	0.6398	0.6262	0.6197	0.6288	0.6207	0.6225

**2022 MEN'S One-Year AGE FACTORS**

age	60m	100m	200m	400m	800m	1000m	1500m	Mile	2000m	3000m	5000m
84	0.7279	0.6963	0.6796	0.6560	0.6266	0.6271	0.6141	0.6071	0.6169	0.6093	0.6108
85	0.7173	0.6859	0.6685	0.6431	0.6132	0.6138	0.6014	0.5940	0.6043	0.5972	0.5985
86	0.7061	0.6749	0.6567	0.6296	0.5993	0.6000	0.5882	0.5804	0.5911	0.5844	0.5856
87	0.6944	0.6633	0.6441	0.6155	0.5850	0.5857	0.5744	0.5663	0.5774	0.5711	0.5720
88	0.6821	0.6511	0.6309	0.6008	0.5701	0.5709	0.5600	0.5516	0.5630	0.5571	0.5577
89	0.6693	0.6383	0.6169	0.5855	0.5548	0.5556	0.5450	0.5364	0.5481	0.5424	0.5428
90	0.6559	0.6249	0.6022	0.5697	0.5390	0.5398	0.5295	0.5208	0.5325	0.5272	0.5273
91	0.6419	0.6108	0.5868	0.5533	0.5227	0.5234	0.5134	0.5046	0.5164	0.5113	0.5111
92	0.6274	0.5962	0.5707	0.5362	0.5059	0.5066	0.4968	0.4879	0.4997	0.4948	0.4942
93	0.6123	0.5810	0.5539	0.5186	0.4886	0.4892	0.4795	0.4706	0.4823	0.4776	0.4767
94	0.5967	0.5652	0.5364	0.5004	0.4709	0.4713	0.4617	0.4529	0.4644	0.4598	0.4586
95	0.5804	0.5488	0.5182	0.4817	0.4526	0.4529	0.4434	0.4346	0.4459	0.4414	0.4398
96	0.5637	0.5317	0.4993	0.4623	0.4339	0.4340	0.4244	0.4159	0.4268	0.4224	0.4203
97	0.5463	0.5141	0.4796	0.4424	0.4146	0.4145	0.4049	0.3966	0.4071	0.4027	0.4003
98	0.5284	0.4959	0.4593	0.4219	0.3949	0.3946	0.3849	0.3768	0.3868	0.3824	0.3795
99	0.5100	0.4770	0.4383	0.4007	0.3747	0.3741	0.3642	0.3566	0.3659	0.3615	0.3581
100	0.4910	0.4576	0.4165	0.3790	0.3540	0.3531	0.3430	0.3358	0.3445	0.3400	0.3361
101	0.4714	0.4375	0.3940	0.3568	0.3328	0.3316	0.3213	0.3145	0.3224	0.3178	0.3134
102	0.4512	0.4169	0.3709	0.3339	0.3111	0.3096	0.2989	0.2927	0.2997	0.2950	0.2900
103	0.4305	0.3956	0.3470	0.3105	0.2890	0.2870	0.2761	0.2703	0.2765	0.2715	0.2660
104	0.4093	0.3738	0.3224	0.2864	0.2663	0.2640	0.2526	0.2475	0.2527	0.2475	0.2414
105	0.3875	0.3513	0.2971	0.2618	0.2431	0.2404	0.2286	0.2242	0.2282	0.2228	0.2161
106	0.3651	0.3283	0.2711	0.2366	0.2195	0.2162	0.2040	0.2004	0.2032	0.1975	0.1902
107	0.3422	0.3046	0.2444	0.2108	0.1954	0.1916	0.1788	0.1760	0.1776	0.1716	0.1636
108	0.3187	0.2803	0.2170	0.1845	0.1707	0.1664	0.1531	0.1512	0.1514	0.1450	0.1364
109	0.2946	0.2555	0.1888	0.1575	0.1456	0.1406	0.1268	0.1258	0.1246	0.1178	0.1085
110	0.2700	0.2300	0.1600	0.1300	0.1200	0.1143	0.1000	0.1000	0.0971	0.0900	0.0800

age	10000m	60m Hurdles	Short Hurdles	Long Hurdles	Steeple Chase	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put
35	0.9972	1.0000	0.9957	0.9915	0.9904	1.0140	1.0104	1.0456	1.0010	1.0238
36	0.9903	0.9965	0.9896	0.9848	0.9827	1.0229	1.0204	1.0569	1.0106	1.0363
37	0.9835	0.9902	0.9834	0.9780	0.9749	1.0320	1.0307	1.0684	1.0205	1.0491
38	0.9766	0.9839	0.9770	0.9711	0.9671	1.0413	1.0412	1.0801	1.0306	1.0622
39	0.9697	0.9775	0.9706	0.9641	0.9594	1.0507	1.0520	1.0919	1.0410	1.0756
40	0.9628	0.9710	0.9641	0.9571	0.9516	1.0602	1.0630	1.1040	1.0516	1.0892
41	0.9558	0.9646	0.9575	0.9501	0.9438	1.0700	1.0744	1.1162	1.0624	1.1032
42	0.9488	0.9581	0.9508	0.9430	0.9359	1.0798	1.0860	1.1286	1.0735	1.1175
43	0.9418	0.9515	0.9439	0.9358	0.9281	1.0899	1.0979	1.1412	1.0849	1.1322
44	0.9348	0.9449	0.9370	0.9285	0.9203	1.1001	1.1102	1.1540	1.0965	1.1472
45	0.9278	0.9383	0.9300	0.9213	0.9124	1.1105	1.1228	1.1671	1.1085	1.1626
46	0.9207	0.9316	0.9228	0.9139	0.9045	1.1211	1.1358	1.1803	1.1207	1.1783
47	0.9136	0.9249	0.9156	0.9065	0.8966	1.1319	1.1491	1.1938	1.1333	1.1944
48	0.9065	0.9182	0.9083	0.8990	0.8887	1.1428	1.1627	1.2074	1.1461	1.2110
49	0.8994	0.9114	0.9009	0.8915	0.8808	1.1540	1.1768	1.2214	1.1593	1.2280
50	0.8922	0.9145	0.9740	0.8840	0.8728	1.1654	1.1912	1.2355	1.1729	1.1322
51	0.8851	0.9076	0.9657	0.8764	0.8649	1.1769	1.2061	1.2499	1.1868	1.1484
52	0.8779	0.9006	0.9573	0.8687	0.8569	1.1887	1.2214	1.2645	1.2011	1.1651
53	0.8707	0.8936	0.9488	0.8610	0.8490	1.2007	1.2372	1.2794	1.2157	1.1822
54	0.8634	0.8865	0.9402	0.8532	0.8410	1.2130	1.2534	1.2946	1.2308	1.1998

2022 MEN'S One-Year AGE FACTORS

age	10000m	60m Hurdles	Short Hurdles	Long Hurdles	Steeple Chase	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put
55	0.8562	0.8794	0.9315	0.8454	0.8330	1.2254	1.2701	1.3100	1.2462	1.2180
56	0.8489	0.8723	0.9227	0.8375	0.8250	1.2382	1.2874	1.3258	1.2621	1.2366
57	0.8416	0.8652	0.9139	0.8296	0.8169	1.2511	1.3051	1.3418	1.2785	1.2557
58	0.8343	0.8579	0.9049	0.8216	0.8089	1.2643	1.3235	1.3581	1.2953	1.2755
59	0.8270	0.8507	0.8958	0.8136	0.8008	1.2778	1.3424	1.3747	1.3126	1.2958
60	0.8196	0.8745	0.9550	1.2106	1.2704	1.2916	1.3619	1.3916	1.3304	1.2020
61	0.8123	0.8669	0.9450	1.1984	1.2575	1.3056	1.3821	1.4088	1.3488	1.2217
62	0.8049	0.8593	0.9349	1.1862	1.2445	1.3200	1.4029	1.4264	1.3677	1.2420
63	0.7975	0.8517	0.9248	1.1738	1.2315	1.3346	1.4245	1.4443	1.3872	1.2630
64	0.7901	0.8440	0.9145	1.1614	1.2185	1.3495	1.4468	1.4625	1.4073	1.2846
65	0.7826	0.8363	0.9042	1.1489	1.2055	1.3648	1.4699	1.4812	1.4280	1.3070
66	0.7752	0.8285	0.8938	1.1364	1.1925	1.3804	1.4937	1.5002	1.4494	1.3301
67	0.7677	0.8207	0.8832	1.1238	1.1795	1.3963	1.5185	1.5196	1.4715	1.3540
68	0.7602	0.8129	0.8726	1.1111	1.1664	1.4126	1.5442	1.5393	1.4943	1.3787
69	0.7527	0.8051	0.8619	1.0984	1.1533	1.4293	1.5708	1.5595	1.5178	1.4043
70	0.7451	0.8185	1.0875	1.0856	1.1402	1.4463	1.5984	1.5801	1.5422	1.2798
71	0.7376	0.8103	1.0736	1.0727	1.1271	1.4637	1.6271	1.6012	1.5674	1.3044
72	0.7300	0.8022	1.0595	1.0598	1.1140	1.4815	1.6569	1.6227	1.5935	1.3299
73	0.7224	0.7940	1.0454	1.0468	1.1009	1.4998	1.6879	1.6447	1.6205	1.3564
74	0.7148	0.7857	1.0311	1.0337	1.0877	1.5184	1.7202	1.6671	1.6485	1.3840
75	0.7072	0.7775	1.0168	1.0206	1.0745	1.5375	1.7538	1.6913	1.6776	1.4126
76	0.6996	0.7685	1.0023	1.0067	1.0605	1.5571	1.7889	1.7173	1.7077	1.4425
77	0.6919	0.7588	0.9877	0.9921	1.0456	1.5772	1.8255	1.7452	1.7390	1.4735
78	0.6836	0.7485	0.9731	0.9766	1.0299	1.5978	1.8637	1.7753	1.7715	1.5059
79	0.6747	0.7375	0.9576	0.9604	1.0133	1.6189	1.9036	1.8076	1.8053	1.5397
80	0.6650	0.7257	0.9412	1.4250	0.9959	1.6405	1.9454	1.8425	1.8405	1.3639
81	0.6547	0.7133	0.9241	1.3982	0.9777	1.6627	1.9891	1.8801	1.8772	1.3959
82	0.6438	0.7002	0.9061	1.3701	0.9586	1.6855	2.0350	1.9206	1.9153	1.4293
83	0.6322	0.6864	0.8874	1.3409	0.9386	1.7089	2.0831	1.9644	1.9552	1.4644
84	0.6199	0.6719	0.8678	1.3106	0.9178	1.7329	2.1337	2.0117	1.9967	1.5011
85	0.6070	0.6567	0.8474	1.2790	0.8962	1.7576	2.1870	2.0631	2.0402	1.5397
86	0.5934	0.6409	0.8261	1.2463	0.8737	1.7830	2.2430	2.1188	2.0856	1.5803
87	0.5792	0.6243	0.8041	1.2125	0.8503	1.8091	2.3047	2.1795	2.1332	1.6230
88	0.5643	0.6071	0.7813	1.1774	0.8261	1.8359	2.3728	2.2457	2.1831	1.6680
89	0.5487	0.5891	0.7576	1.1412	0.8011	1.8635	2.4480	2.3180	2.2355	1.7156
90	0.5325	0.5705	0.7331	1.1039	0.7752	1.8920	2.5314	2.3974	2.2904	1.7658
91	0.5156	0.5512	0.7078	1.0653	0.7485	1.9213	2.6241	2.4849	2.3483	1.8191
92	0.4981	0.5312	0.6818	1.0257	0.7209	1.9515	2.7277	2.5815	2.4144	1.8756
93	0.4799	0.5105	0.6549	0.9848	0.6925	1.9826	2.8438	2.6886	2.4899	1.9357
94	0.4610	0.4891	0.6272	0.9428	0.6632	2.0179	2.9748	2.8082	2.5762	1.9997
95	0.4415	0.4671	0.5987	0.8996	0.6331	2.0576	3.1233	2.9421	2.6753	2.0679
96	0.4213	0.4443	0.5693	0.8553	0.6021	2.1024	3.2929	3.0932	2.7892	2.1410
97	0.4005	0.4209	0.5392	0.8098	0.5703	2.1527	3.4881	3.2648	2.9210	2.2193
98	0.3790	0.3967	0.5083	0.7632	0.5377	2.2093	3.7148	3.4612	3.0743	2.3034
99	0.3569	0.3719	0.4766	0.7154	0.5042	2.2728	3.9810	3.6880	3.2542	2.3941
100	0.3341	0.3464	0.4441	0.6664	0.4699	2.3444	4.2976	3.9527	3.4672	2.4921
101	0.3106	0.3203	0.4108	0.6163	0.4347	2.4251	4.6800	4.2653	3.7226	2.5984
102	0.2865	0.2934	0.3766	0.5651	0.3987	2.5164	5.1502	4.6400	4.0332	2.7141
103	0.2618	0.2658	0.3417	0.5126	0.3618	2.6201	5.7421	5.0970	4.4178	2.8404

**2022 MEN'S One-Year AGE FACTORS**

age	10000m	60m Hurdles	Short Hurdles	Long Hurdles	Steeple Chase	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put
104	0.2363	0.2376	0.3060	0.4591	0.3241	2.7385	6.5089	5.6663	4.9052	2.9790
105	0.2103	0.2087	0.2695	0.4044	0.2855	2.8744	7.5405	6.3947	5.5410	3.1316
106	0.1835	0.1791	0.2322	0.3485	0.2461	3.0317	9.0012	7.3591	6.4028	3.3005
107	0.1561	0.1488	0.1941	0.2915	0.2059	3.2150	11.2266	8.6955	7.6343	3.4886
108	0.1281	0.1178	0.1552	0.2333	0.1648	3.4309	15.0262	10.6693	9.5336	3.6992
109	0.0994	0.0862	0.1155	0.1740	0.1229	3.6884	22.9750	13.8775	12.8375	3.9366
110	0.0700	0.0538	0.0750	0.1135	0.0801	4.0000	50.0000	20.0000	20.0000	4.2064

age	Discus	Hammer	Javelin	Weight	3000m	5000m	10k	20k	10k	Half	Marathon
					RaceWalk	RaceWalk	RaceWalk	RaceWalk	Run		
35	1.0000	1.0000	1.0438	1.0153	1.0000	0.9996	0.9887	1.0000	0.9839	0.9930	1.0000
36	1.0000	1.0000	1.0586	1.0272	1.0000	0.9942	0.9834	1.0000	0.9788	0.9874	1.0000
37	1.0000	1.0103	1.0738	1.0394	0.9989	0.9887	0.9780	0.9984	0.9736	0.9817	1.0000
38	1.0000	1.0219	1.0894	1.0518	0.9928	0.9830	0.9725	0.9930	0.9684	0.9760	0.9968
39	1.0000	1.0338	1.1054	1.0645	0.9867	0.9773	0.9670	0.9875	0.9630	0.9702	0.9899
40	1.0102	1.0460	1.1218	1.0774	0.9805	0.9715	0.9614	0.9819	0.9576	0.9644	0.9829
41	1.0232	1.0586	1.1386	1.0906	0.9742	0.9655	0.9556	0.9761	0.9522	0.9585	0.9759
42	1.0365	1.0717	1.1560	1.1040	0.9679	0.9595	0.9499	0.9702	0.9466	0.9525	0.9689
43	1.0502	1.0851	1.1738	1.1178	0.9614	0.9534	0.9440	0.9641	0.9410	0.9465	0.9618
44	1.0642	1.0990	1.1921	1.1318	0.9549	0.9472	0.9380	0.9580	0.9354	0.9404	0.9546
45	1.0786	1.1134	1.2110	1.1461	0.9483	0.9408	0.9320	0.9517	0.9296	0.9343	0.9474
46	1.0934	1.1282	1.2304	1.1607	0.9416	0.9344	0.9259	0.9452	0.9238	0.9281	0.9402
47	1.1086	1.1435	1.2504	1.1757	0.9348	0.9279	0.9197	0.9387	0.9179	0.9219	0.9329
48	1.1242	1.1593	1.2710	1.1910	0.9280	0.9213	0.9135	0.9320	0.9120	0.9156	0.9256
49	1.1403	1.1757	1.2923	1.2066	0.9210	0.9146	0.9072	0.9252	0.9060	0.9092	0.9183
50	1.0019	1.0842	1.2293	0.9989	0.9140	0.9078	0.9008	0.9182	0.8999	0.9028	0.9109
51	1.0166	1.1001	1.2505	1.0123	0.9070	0.9009	0.8943	0.9112	0.8937	0.8964	0.9035
52	1.0318	1.1165	1.2723	1.0259	0.8998	0.8940	0.8878	0.9040	0.8875	0.8899	0.8960
53	1.0475	1.1336	1.2949	1.0399	0.8926	0.8869	0.8811	0.8967	0.8813	0.8833	0.8885
54	1.0636	1.1513	1.3183	1.0543	0.8853	0.8798	0.8744	0.8893	0.8749	0.8767	0.8810
55	1.0802	1.1696	1.3425	1.0689	0.8779	0.8725	0.8677	0.8818	0.8685	0.8701	0.8734
56	1.0974	1.1886	1.3675	1.0840	0.8705	0.8652	0.8609	0.8741	0.8621	0.8634	0.8658
57	1.1151	1.2083	1.3934	1.0994	0.8630	0.8578	0.8540	0.8664	0.8555	0.8566	0.8581
58	1.1333	1.2287	1.4203	1.1151	0.8554	0.8503	0.8470	0.8585	0.8490	0.8498	0.8504
59	1.1522	1.2499	1.4482	1.1313	0.8478	0.8427	0.8400	0.8505	0.8423	0.8429	0.8427
60	0.9567	1.1612	1.3675	1.0046	0.8401	0.8351	0.8329	0.8425	0.8356	0.8360	0.8349
61	0.9732	1.1821	1.3954	1.0196	0.8323	0.8274	0.8257	0.8343	0.8288	0.8291	0.8271
62	0.9903	1.2040	1.4243	1.0349	0.8244	0.8196	0.8184	0.8260	0.8220	0.8221	0.8193
63	1.0080	1.2267	1.4544	1.0506	0.8165	0.8117	0.8111	0.8176	0.8151	0.8150	0.8114
64	1.0263	1.2503	1.4858	1.0668	0.8085	0.8037	0.8038	0.8091	0.8082	0.8079	0.8035
65	1.0453	1.2750	1.5184	1.0834	0.8005	0.7956	0.7963	0.8005	0.8012	0.8008	0.7956
66	1.0650	1.3008	1.5525	1.1005	0.7924	0.7875	0.7888	0.7918	0.7941	0.7936	0.7876
67	1.0854	1.3277	1.5882	1.1181	0.7842	0.7793	0.7813	0.7829	0.7870	0.7863	0.7796
68	1.1067	1.3559	1.6254	1.1362	0.7760	0.7710	0.7737	0.7740	0.7798	0.7791	0.7716
69	1.1288	1.3853	1.6643	1.1548	0.7677	0.7627	0.7660	0.7650	0.7726	0.7717	0.7635

2022 MEN'S One-Year AGE FACTORS

age	Discus	Hammer	Javelin	Weight	3000m	5000m	10k	20k	10k	Half	Mara-
					RaceWalk	RaceWalk	RaceWalk	RaceWalk	Run	Marathon	thon
70	1.1518	1.2667	1.5566	1.0269	0.7594	0.7543	0.7582	0.7559	0.7653	0.7643	0.7554
71	1.1758	1.2956	1.5956	1.0449	0.7510	0.7458	0.7504	0.7467	0.7579	0.7569	0.7472
72	1.2008	1.3260	1.6367	1.0639	0.7425	0.7372	0.7425	0.7374	0.7505	0.7494	0.7391
73	1.2268	1.3579	1.6798	1.0839	0.7340	0.7285	0.7346	0.7281	0.7431	0.7419	0.7309
74	1.2540	1.3915	1.7252	1.1050	0.7254	0.7198	0.7266	0.7186	0.7356	0.7338	0.7226
75	1.2827	1.4268	1.7731	1.1273	0.7167	0.7111	0.7186	0.7090	0.7280	0.7252	0.7144
76	1.3130	1.4641	1.8236	1.1509	0.7080	0.7022	0.7105	0.6993	0.7198	0.7159	0.7055
77	1.3449	1.5036	1.8770	1.1759	0.6993	0.6933	0.7023	0.6896	0.7110	0.7061	0.6960
78	1.3787	1.5452	1.9336	1.2024	0.6905	0.6843	0.6941	0.6798	0.7015	0.6957	0.6860
79	1.4145	1.5894	1.9936	1.2306	0.6816	0.6752	0.6858	0.6698	0.6914	0.6847	0.6753
80	1.4525	1.4171	1.8402	1.0613	0.6727	0.6661	0.6774	0.6598	0.6807	0.6732	0.6641
81	1.4929	1.4602	1.9010	1.0882	0.6637	0.6569	0.6690	0.6497	0.6694	0.6610	0.6522
82	1.5360	1.5062	1.9658	1.1169	0.6547	0.6477	0.6606	0.6396	0.6574	0.6483	0.6398
83	1.5819	1.5552	2.0351	1.1475	0.6456	0.6384	0.6518	0.6293	0.6449	0.6350	0.6267
84	1.6310	1.6077	2.1095	1.1804	0.6365	0.6290	0.6427	0.6190	0.6317	0.6212	0.6131
85	1.6837	1.6639	2.1894	1.2158	0.6273	0.6195	0.6332	0.6085	0.6178	0.6067	0.5988
86	1.7402	1.7244	2.2754	1.2538	0.6180	0.6100	0.6234	0.5980	0.6034	0.5917	0.5840
87	1.8012	1.7895	2.3685	1.2949	0.6088	0.6005	0.6133	0.5875	0.5883	0.5762	0.5686
88	1.8670	1.8598	2.4694	1.3394	0.5994	0.5909	0.6029	0.5768	0.5726	0.5600	0.5525
89	1.9384	1.9360	2.5791	1.3877	0.5900	0.5812	0.5921	0.5661	0.5562	0.5433	0.5359
90	2.0159	2.0189	2.6989	1.4404	0.5806	0.5714	0.5810	0.5553	0.5393	0.5260	0.5187
91	2.1005	2.1093	2.8303	1.4979	0.5711	0.5616	0.5695	0.5444	0.5217	0.5081	0.5009
92	2.1932	2.2084	2.9731	1.5611	0.5616	0.5518	0.5578	0.5334	0.5035	0.4896	0.4825
93	2.2952	2.3174	3.1287	1.6307	0.5520	0.5418	0.5457	0.5224	0.4847	0.4706	0.4635
94	2.4078	2.4379	3.2990	1.7079	0.5421	0.5315	0.5332	0.5113	0.4653	0.4510	0.4439
95	2.5330	2.5718	3.4861	1.7938	0.5317	0.5208	0.5205	0.5001	0.4452	0.4309	0.4237
96	2.6729	2.7216	3.6924	1.8901	0.5210	0.5096	0.5074	0.4885	0.4245	0.4101	0.4030
97	2.8302	2.8900	3.9212	1.9986	0.5098	0.4980	0.4940	0.4764	0.4032	0.3888	0.3816
98	3.0084	3.0810	4.1761	2.1220	0.4983	0.4860	0.4802	0.4639	0.3813	0.3670	0.3596
99	3.2119	3.2993	4.4618	2.2634	0.4864	0.4736	0.4662	0.4510	0.3588	0.3445	0.3371
100	3.4466	3.5489	4.7841	2.4270	0.4741	0.4608	0.4518	0.4376	0.3356	0.3215	0.3140
101	3.7201	3.8368	5.1505	2.6185	0.4614	0.4475	0.4371	0.4238	0.3118	0.2979	0.2902
102	4.0430	4.1728	5.5705	2.8455	0.4484	0.4339	0.4220	0.4096	0.2874	0.2737	0.2659
103	4.4300	4.5697	6.0565	3.1192	0.4349	0.4198	0.4067	0.3949	0.2624	0.2490	0.2410
104	4.9021	5.0459	6.6254	3.4552	0.4211	0.4054	0.3910	0.3798	0.2368	0.2237	0.2155
105	5.4909	5.6277	7.2999	3.8776	0.4069	0.3905	0.3749	0.3642	0.2105	0.1979	0.1894
106	6.2458	6.3543	8.1120	4.4245	0.3923	0.3752	0.3586	0.3482	0.1836	0.1714	0.1627
107	7.2484	7.2874	9.1084	5.1604	0.3773	0.3595	0.3419	0.3318	0.1562	0.1444	0.1354
108	8.6445	8.5295	10.3592	6.2034	0.3619	0.3434	0.3249	0.3150	0.1281	0.1168	0.1075
109	10.7224	10.2642	11.9750	7.7961	0.3461	0.3269	0.3076	0.2977	0.0993	0.0887	0.0791
110	14.1421	12.8565	14.1421	10.5283	0.3300	0.3100	0.2900	0.2800	0.0700	0.0600	0.0500