



WMA AGE FACTORS AND PARAMETERS FOR SCORING COMBINED EVENTS AND ONE YEAR AGE FACTORS

2023 Edition

Effective 1/1/2023

2023 WOMEN'S ONE-YEAR AGE FACTORS

Age	60m	100m	200m	400m	800m	1000m	1500m	Mile	3000m	5000m	10000m
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	0.9980	1.0000	1.0000	1.0000	0.9947	1.0000	1.0000	1.0000
33	1.0000	1.0000	1.0000	0.9915	1.0000	1.0000	0.9960	0.9883	1.0000	1.0000	1.0000
34	1.0000	1.0000	1.0000	0.9849	1.0000	1.0000	0.9886	0.9819	1.0000	1.0000	0.9937
35	1.0000	1.0000	1.0000	0.9783	0.9929	0.9995	0.9812	0.9754	1.0000	0.9974	0.9869
36	1.0000	1.0000	1.0000	0.9716	0.9857	0.9921	0.9738	0.9689	1.0000	0.9904	0.9801
37	1.0000	1.0000	1.0000	0.9648	0.9784	0.9847	0.9664	0.9623	1.0000	0.9833	0.9731
38	1.0000	0.9960	0.9939	0.9580	0.9710	0.9773	0.9590	0.9557	0.9930	0.9761	0.9661
39	1.0000	0.9885	0.9863	0.9511	0.9637	0.9698	0.9515	0.9491	0.9849	0.9689	0.9591
40	0.9985	0.9810	0.9787	0.9441	0.9563	0.9624	0.9441	0.9424	0.9767	0.9615	0.9519
41	0.9909	0.9735	0.9712	0.9371	0.9490	0.9549	0.9367	0.9357	0.9685	0.9541	0.9447
42	0.9834	0.9661	0.9636	0.9300	0.9415	0.9474	0.9293	0.9290	0.9603	0.9467	0.9374
43	0.9760	0.9588	0.9561	0.9229	0.9341	0.9399	0.9218	0.9222	0.9521	0.9392	0.9301
44	0.9686	0.9514	0.9486	0.9157	0.9267	0.9324	0.9144	0.9154	0.9438	0.9316	0.9227
45	0.9613	0.9441	0.9411	0.9084	0.9192	0.9248	0.9069	0.9085	0.9355	0.9239	0.9152
46	0.9541	0.9368	0.9337	0.9011	0.9117	0.9173	0.8995	0.9016	0.9271	0.9162	0.9077
47	0.9469	0.9295	0.9262	0.8937	0.9041	0.9097	0.8921	0.8947	0.9188	0.9084	0.9001
48	0.9398	0.9223	0.9188	0.8862	0.8966	0.9021	0.8846	0.8877	0.9104	0.9006	0.8925
49	0.9328	0.9151	0.9114	0.8787	0.8890	0.8945	0.8772	0.8807	0.9019	0.8926	0.8848
50	0.9259	0.9080	0.9040	0.8711	0.8814	0.8869	0.8697	0.8737	0.8935	0.8847	0.8770
51	0.9190	0.9008	0.8966	0.8635	0.8738	0.8792	0.8623	0.8666	0.8850	0.8766	0.8692
52	0.9122	0.8937	0.8893	0.8558	0.8662	0.8716	0.8548	0.8595	0.8765	0.8685	0.8613
53	0.9055	0.8866	0.8819	0.8481	0.8585	0.8639	0.8473	0.8524	0.8680	0.8603	0.8533
54	0.8988	0.8796	0.8746	0.8403	0.8509	0.8562	0.8399	0.8452	0.8594	0.8521	0.8453
55	0.8922	0.8726	0.8673	0.8324	0.8432	0.8485	0.8324	0.8380	0.8509	0.8438	0.8373
56	0.8857	0.8656	0.8600	0.8245	0.8355	0.8408	0.8249	0.8308	0.8423	0.8355	0.8291
57	0.8793	0.8586	0.8527	0.8166	0.8277	0.8330	0.8175	0.8235	0.8336	0.8271	0.8210
58	0.8729	0.8517	0.8454	0.8086	0.8200	0.8253	0.8100	0.8162	0.8250	0.8186	0.8127
59	0.8666	0.8447	0.8382	0.8005	0.8122	0.8175	0.8025	0.8089	0.8163	0.8101	0.8045
60	0.8603	0.8379	0.8309	0.7924	0.8044	0.8098	0.7951	0.8015	0.8076	0.8015	0.7961
61	0.8541	0.8310	0.8237	0.7842	0.7966	0.8020	0.7876	0.7941	0.7989	0.7929	0.7877
62	0.8480	0.8242	0.8165	0.7760	0.7888	0.7942	0.7801	0.7867	0.7901	0.7842	0.7793
63	0.8420	0.8174	0.8093	0.7677	0.7809	0.7863	0.7726	0.7792	0.7813	0.7755	0.7708
64	0.8360	0.8106	0.8022	0.7594	0.7730	0.7785	0.7651	0.7717	0.7725	0.7667	0.7623
65	0.8300	0.8038	0.7950	0.7510	0.7651	0.7706	0.7576	0.7642	0.7637	0.7578	0.7537
66	0.8242	0.7971	0.7879	0.7426	0.7572	0.7628	0.7501	0.7566	0.7549	0.7489	0.7450
67	0.8184	0.7904	0.7807	0.7341	0.7493	0.7549	0.7427	0.7490	0.7460	0.7399	0.7363
68	0.8127	0.7838	0.7736	0.7256	0.7414	0.7470	0.7352	0.7414	0.7371	0.7309	0.7276
69	0.8070	0.7771	0.7665	0.7171	0.7334	0.7391	0.7277	0.7338	0.7282	0.7219	0.7188
70	0.8014	0.7705	0.7594	0.7084	0.7254	0.7312	0.7202	0.7261	0.7193	0.7128	0.7100

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Age	60m	100m	200m	400m	800m	1000m	1500m	Mile	3000m	5000m	10000m
71	0.7958	0.7639	0.7524	0.6998	0.7174	0.7232	0.7127	0.7184	0.7103	0.7036	0.7011
72	0.7903	0.7573	0.7453	0.6911	0.7094	0.7153	0.7052	0.7107	0.7013	0.6944	0.6922
73	0.7849	0.7508	0.7382	0.6823	0.7014	0.7073	0.6976	0.7025	0.6923	0.6851	0.6832
74	0.7796	0.7442	0.7312	0.6735	0.6933	0.6992	0.6897	0.6938	0.6833	0.6758	0.6742
75	0.7743	0.7377	0.7242	0.6647	0.6848	0.6906	0.6812	0.6847	0.6743	0.6665	0.6651
76	0.7690	0.7313	0.7172	0.6555	0.6758	0.6816	0.6722	0.6752	0.6652	0.6571	0.6560
77	0.7632	0.7248	0.7102	0.6459	0.6664	0.6720	0.6628	0.6652	0.6561	0.6476	0.6468
78	0.7569	0.7184	0.7032	0.6359	0.6565	0.6620	0.6529	0.6547	0.6470	0.6381	0.6376
79	0.7501	0.7114	0.6956	0.6255	0.6462	0.6516	0.6425	0.6438	0.6379	0.6286	0.6284
80	0.7427	0.7040	0.6875	0.6148	0.6354	0.6407	0.6316	0.6324	0.6288	0.6190	0.6191
81	0.7348	0.6960	0.6787	0.6037	0.6241	0.6292	0.6202	0.6205	0.6196	0.6094	0.6098
82	0.7263	0.6875	0.6693	0.5922	0.6124	0.6174	0.6083	0.6082	0.6098	0.5997	0.6004
83	0.7173	0.6785	0.6593	0.5804	0.6003	0.6051	0.5960	0.5955	0.5993	0.5893	0.5903
84	0.7078	0.6690	0.6486	0.5682	0.5876	0.5922	0.5832	0.5823	0.5881	0.5783	0.5795
85	0.6977	0.6590	0.6374	0.5556	0.5746	0.5790	0.5698	0.5686	0.5762	0.5665	0.5679
86	0.6871	0.6484	0.6256	0.5426	0.5610	0.5652	0.5561	0.5545	0.5637	0.5541	0.5556
87	0.6759	0.6373	0.6132	0.5292	0.5471	0.5510	0.5418	0.5399	0.5505	0.5410	0.5425
88	0.6643	0.6258	0.6002	0.5155	0.5326	0.5363	0.5270	0.5249	0.5366	0.5272	0.5287
89	0.6520	0.6137	0.5865	0.5014	0.5177	0.5212	0.5118	0.5094	0.5220	0.5127	0.5142
90	0.6393	0.6011	0.5723	0.4869	0.5024	0.5056	0.4960	0.4935	0.5067	0.4975	0.4990
91	0.6260	0.5879	0.5574	0.4721	0.4866	0.4895	0.4798	0.4771	0.4908	0.4816	0.4830
92	0.6121	0.5743	0.5420	0.4569	0.4703	0.4729	0.4631	0.4603	0.4742	0.4650	0.4662
93	0.5977	0.5601	0.5259	0.4413	0.4536	0.4559	0.4460	0.4430	0.4569	0.4478	0.4488
94	0.5828	0.5454	0.5092	0.4254	0.4364	0.4384	0.4283	0.4253	0.4390	0.4299	0.4306
95	0.5673	0.5302	0.4920	0.4090	0.4188	0.4205	0.4102	0.4071	0.4204	0.4112	0.4116
96	0.5513	0.5145	0.4741	0.3923	0.4007	0.4020	0.3915	0.3884	0.4010	0.3919	0.3920
97	0.5348	0.4983	0.4556	0.3753	0.3822	0.3831	0.3724	0.3693	0.3811	0.3719	0.3716
98	0.5177	0.4815	0.4365	0.3579	0.3632	0.3638	0.3528	0.3498	0.3604	0.3513	0.3505
99	0.5000	0.4642	0.4168	0.3400	0.3438	0.3440	0.3327	0.3298	0.3391	0.3299	0.3286
100	0.4818	0.4464	0.3965	0.3219	0.3239	0.3237	0.3122	0.3093	0.3171	0.3079	0.3060
101	0.4631	0.4281	0.3756	0.3033	0.3035	0.3029	0.2911	0.2884	0.2944	0.2852	0.2827
102	0.4438	0.4093	0.3541	0.2844	0.2827	0.2816	0.2696	0.2671	0.2711	0.2618	0.2586
103	0.4240	0.3900	0.3319	0.2652	0.2615	0.2599	0.2476	0.2453	0.2470	0.2377	0.2339
104	0.4036	0.3701	0.3092	0.2455	0.2398	0.2377	0.2251	0.2230	0.2223	0.2129	0.2084
105	0.3827	0.3497	0.2858	0.2255	0.2176	0.2151	0.2021	0.2003	0.1970	0.1875	0.1821
106	0.3613	0.3288	0.2619	0.2051	0.1950	0.1919	0.1787	0.1771	0.1709	0.1613	0.1551
107	0.3393	0.3074	0.2373	0.1844	0.1719	0.1683	0.1547	0.1535	0.1442	0.1345	0.1275
108	0.3167	0.2854	0.2122	0.1633	0.1484	0.1442	0.1303	0.1295	0.1168	0.1070	0.0990
109	0.2936	0.2630	0.1864	0.1418	0.1244	0.1195	0.1054	0.1050	0.0887	0.0788	0.0699
110	0.2700	0.2400	0.1600	0.1200	0.1000	0.0943	0.0800	0.0800	0.0600	0.0500	0.0400

2023 WOMEN'S ONE-YEAR AGE FACTORS

Age	Javelin	Weight	3000m RaceWalk	5000m RaceWalk	10k RaceWalk	20k RaceWalk	Half Marathon	Marathon
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	1.0000	1.0048	1.0000	1.0000	1.0000	1.0000	0.9935	1.0000
34	1.0038	1.0200	1.0000	1.0000	1.0000	1.0000	0.9869	1.0000
35	1.0236	1.0355	0.9965	0.9992	1.0000	0.9931	0.9802	0.9982
36	1.0439	1.0514	0.9880	0.9923	0.9994	0.9858	0.9734	0.9918
37	1.0646	1.0676	0.9795	0.9853	0.9920	0.9785	0.9666	0.9854
38	1.0858	1.0842	0.9710	0.9782	0.9846	0.9711	0.9596	0.9789
39	1.1075	1.1012	0.9625	0.9711	0.9770	0.9637	0.9526	0.9722
40	1.1298	1.1186	0.9540	0.9639	0.9695	0.9563	0.9455	0.9654
41	1.1526	1.1365	0.9455	0.9566	0.9619	0.9488	0.9384	0.9585
42	1.1759	1.1548	0.9370	0.9494	0.9542	0.9413	0.9311	0.9515
43	1.1998	1.1736	0.9285	0.9420	0.9465	0.9338	0.9238	0.9444
44	1.2244	1.1929	0.9200	0.9346	0.9388	0.9262	0.9164	0.9371
45	1.2495	1.2126	0.9115	0.9272	0.9310	0.9186	0.9090	0.9298
46	1.2754	1.2330	0.9031	0.9197	0.9231	0.9109	0.9014	0.9223
47	1.3019	1.2539	0.8946	0.9121	0.9152	0.9032	0.8938	0.9148
48	1.3291	1.2754	0.8862	0.9045	0.9073	0.8955	0.8862	0.9071
49	1.3570	1.2975	0.8777	0.8969	0.8993	0.8878	0.8784	0.8993
50	1.2650	1.1544	0.8693	0.8892	0.8913	0.8800	0.8706	0.8915
51	1.2919	1.1749	0.8609	0.8814	0.8832	0.8721	0.8627	0.8835
52	1.3196	1.1960	0.8524	0.8736	0.8751	0.8643	0.8548	0.8754
53	1.3481	1.2177	0.8440	0.8658	0.8669	0.8564	0.8468	0.8672
54	1.3775	1.2402	0.8356	0.8579	0.8587	0.8484	0.8387	0.8590
55	1.4077	1.2633	0.8272	0.8500	0.8505	0.8405	0.8306	0.8506
56	1.4388	1.2873	0.8188	0.8420	0.8422	0.8325	0.8224	0.8421
57	1.4708	1.3120	0.8104	0.8340	0.8339	0.8245	0.8141	0.8336
58	1.5039	1.3376	0.8020	0.8259	0.8255	0.8164	0.8058	0.8249
59	1.5380	1.3640	0.7937	0.8178	0.8171	0.8083	0.7974	0.8162
60	1.5732	1.1715	0.7853	0.8097	0.8087	0.8002	0.7889	0.8073
61	1.6096	1.1954	0.7769	0.8015	0.8002	0.7920	0.7804	0.7984
62	1.6472	1.2202	0.7686	0.7932	0.7916	0.7838	0.7718	0.7894
63	1.6861	1.2459	0.7602	0.7849	0.7831	0.7756	0.7632	0.7803
64	1.7263	1.2726	0.7518	0.7766	0.7745	0.7674	0.7545	0.7711
65	1.7680	1.3004	0.7435	0.7682	0.7658	0.7591	0.7457	0.7618
66	1.8111	1.3293	0.7351	0.7598	0.7571	0.7508	0.7369	0.7524
67	1.8559	1.3594	0.7268	0.7514	0.7484	0.7424	0.7280	0.7430
68	1.9023	1.3908	0.7185	0.7429	0.7397	0.7341	0.7191	0.7335
69	1.9505	1.4235	0.7102	0.7344	0.7309	0.7257	0.7101	0.7239
70	2.0006	1.4577	0.7018	0.7258	0.7221	0.7172	0.7011	0.7142

2023 WOMEN'S ONE-YEAR AGE FACTORS

Age	Javelin	Weight	3000m RaceWalk	5000m RaceWalk	10k RaceWalk	20k RaceWalk	Half Marathon	Marathon
71	2.0527	1.4935	0.6935	0.7172	0.7132	0.7086	0.6920	0.7044
72	2.1070	1.5309	0.6852	0.7085	0.7043	0.6997	0.6828	0.6946
73	2.1635	1.5701	0.6769	0.6999	0.6954	0.6906	0.6736	0.6846
74	2.2224	1.6112	0.6686	0.6911	0.6864	0.6813	0.6644	0.6746
75	2.0428	1.3741	0.6603	0.6824	0.6774	0.6718	0.6551	0.6646
76	2.1003	1.4119	0.6520	0.6736	0.6684	0.6620	0.6457	0.6544
77	2.1605	1.4516	0.6437	0.6648	0.6593	0.6520	0.6363	0.6442
78	2.2235	1.4935	0.6354	0.6559	0.6502	0.6418	0.6268	0.6339
79	2.2895	1.5378	0.6272	0.6470	0.6411	0.6314	0.6173	0.6235
80	2.3589	1.5846	0.6189	0.6381	0.6320	0.6207	0.6078	0.6131
81	2.4318	1.6342	0.6106	0.6291	0.6228	0.6099	0.5982	0.6025
82	2.5089	1.6869	0.6023	0.6201	0.6135	0.5988	0.5879	0.5914
83	2.5906	1.7430	0.5941	0.6111	0.6043	0.5875	0.5769	0.5795
84	2.6774	1.8027	0.5858	0.6020	0.5950	0.5760	0.5653	0.5670
85	2.7698	1.8666	0.5776	0.5929	0.5857	0.5642	0.5530	0.5538
86	2.8684	1.9349	0.5693	0.5837	0.5764	0.5523	0.5401	0.5400
87	2.9737	2.0083	0.5611	0.5746	0.5670	0.5401	0.5265	0.5254
88	3.0866	2.0872	0.5528	0.5654	0.5576	0.5277	0.5122	0.5103
89	3.2079	2.1725	0.5446	0.5561	0.5482	0.5151	0.4972	0.4944
90	3.3387	2.2647	0.5364	0.5469	0.5387	0.5022	0.4816	0.4779
91	3.4800	2.3650	0.5282	0.5376	0.5292	0.4892	0.4653	0.4608
92	3.6334	2.4742	0.5197	0.5280	0.5194	0.4759	0.4484	0.4429
93	3.8003	2.5938	0.5110	0.5182	0.5093	0.4624	0.4307	0.4245
94	3.9827	2.7253	0.5021	0.5081	0.4989	0.4487	0.4125	0.4053
95	4.1830	2.8706	0.4930	0.4977	0.4882	0.4348	0.3935	0.3855
96	4.4040	3.0318	0.4837	0.4870	0.4771	0.4206	0.3739	0.3651
97	4.6489	3.2120	0.4742	0.4761	0.4658	0.4063	0.3536	0.3439
98	4.9221	3.4145	0.4644	0.4650	0.4541	0.3917	0.3327	0.3222
99	5.2287	3.6438	0.4544	0.4535	0.4421	0.3769	0.3111	0.2997
100	5.5753	3.9056	0.4442	0.4418	0.4299	0.3619	0.2888	0.2767
101	5.9705	4.2049	0.4338	0.4298	0.4173	0.3467	0.2659	0.2529
102	6.4253	4.5501	0.4231	0.4176	0.4044	0.3312	0.2424	0.2285
103	6.9542	4.9527	0.4123	0.4050	0.3911	0.3156	0.2181	0.2035
104	7.5772	5.4282	0.4012	0.3923	0.3776	0.2997	0.1932	0.1778
105	8.3220	5.9984	0.3899	0.3792	0.3638	0.2836	0.1677	0.1515
106	9.2282	6.6946	0.3783	0.3659	0.3496	0.2673	0.1414	0.1245
107	10.3549	7.5636	0.3666	0.3523	0.3352	0.2508	0.1146	0.0968
108	11.7940	8.6787	0.3546	0.3385	0.3204	0.2341	0.0870	0.0685
109	13.6966	10.1616	0.3424	0.3244	0.3054	0.2172	0.0588	0.0396
110	16.3299	12.2297	0.3300	0.3100	0.2900	0.2000	0.0300	0.0100

2023 MEN'S ONE-YEAR AGE FACTORS

Age	60m	100m	200m	400m	800m	1000m	1500m	Mile	3000m	5000m	10000m
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	0.9981	1.0000	1.0000	1.0000	1.0000	0.9994	1.0000	1.0000	1.0000
33	1.0000	1.0000	0.9917	0.9950	1.0000	1.0000	0.9973	0.9936	1.0000	1.0000	1.0000
34	1.0000	1.0000	0.9854	0.9887	1.0000	1.0000	0.9911	0.9876	1.0000	1.0000	0.9973
35	0.9991	0.9999	0.9791	0.9824	0.9965	0.9997	0.9849	0.9816	0.9993	1.0000	0.9897
36	0.9946	0.9932	0.9729	0.9761	0.9887	0.9923	0.9786	0.9756	0.9922	1.0000	0.9822
37	0.9901	0.9866	0.9667	0.9699	0.9810	0.9849	0.9723	0.9695	0.9851	0.9943	0.9747
38	0.9855	0.9799	0.9605	0.9636	0.9732	0.9776	0.9660	0.9633	0.9780	0.9863	0.9672
39	0.9809	0.9733	0.9543	0.9574	0.9656	0.9702	0.9596	0.9571	0.9708	0.9782	0.9597
40	0.9763	0.9668	0.9482	0.9513	0.9580	0.9629	0.9532	0.9509	0.9636	0.9701	0.9523
41	0.9716	0.9602	0.9421	0.9451	0.9504	0.9556	0.9468	0.9445	0.9564	0.9621	0.9449
42	0.9669	0.9537	0.9360	0.9390	0.9429	0.9483	0.9403	0.9381	0.9491	0.9540	0.9375
43	0.9622	0.9473	0.9299	0.9329	0.9354	0.9411	0.9338	0.9317	0.9419	0.9460	0.9301
44	0.9574	0.9409	0.9239	0.9269	0.9279	0.9338	0.9272	0.9252	0.9345	0.9380	0.9228
45	0.9526	0.9345	0.9179	0.9208	0.9205	0.9266	0.9206	0.9187	0.9272	0.9299	0.9155
46	0.9478	0.9281	0.9120	0.9148	0.9132	0.9194	0.9140	0.9121	0.9199	0.9219	0.9082
47	0.9429	0.9218	0.9060	0.9088	0.9059	0.9122	0.9073	0.9055	0.9125	0.9139	0.9009
48	0.9380	0.9155	0.9001	0.9028	0.8986	0.9051	0.9006	0.8988	0.9051	0.9059	0.8937
49	0.9331	0.9093	0.8942	0.8969	0.8914	0.8979	0.8939	0.8920	0.8976	0.8980	0.8865
50	0.9281	0.9031	0.8883	0.8909	0.8842	0.8908	0.8871	0.8852	0.8901	0.8900	0.8793
51	0.9232	0.8969	0.8825	0.8850	0.8771	0.8838	0.8803	0.8784	0.8827	0.8820	0.8722
52	0.9181	0.8908	0.8767	0.8791	0.8700	0.8767	0.8734	0.8715	0.8751	0.8740	0.8650
53	0.9131	0.8847	0.8709	0.8733	0.8629	0.8696	0.8666	0.8645	0.8676	0.8661	0.8579
54	0.9080	0.8786	0.8652	0.8674	0.8559	0.8626	0.8596	0.8576	0.8600	0.8582	0.8509
55	0.9029	0.8726	0.8594	0.8616	0.8489	0.8556	0.8527	0.8505	0.8524	0.8502	0.8438
56	0.8978	0.8666	0.8537	0.8558	0.8420	0.8486	0.8457	0.8434	0.8448	0.8423	0.8368
57	0.8926	0.8606	0.8480	0.8501	0.8351	0.8416	0.8387	0.8363	0.8372	0.8344	0.8298
58	0.8874	0.8546	0.8424	0.8443	0.8283	0.8347	0.8316	0.8291	0.8295	0.8265	0.8228
59	0.8822	0.8487	0.8368	0.8386	0.8214	0.8277	0.8246	0.8219	0.8218	0.8185	0.8158
60	0.8769	0.8429	0.8312	0.8329	0.8147	0.8208	0.8174	0.8146	0.8141	0.8106	0.8089
61	0.8716	0.8370	0.8256	0.8272	0.8079	0.8139	0.8103	0.8073	0.8064	0.8028	0.8019
62	0.8663	0.8312	0.8200	0.8215	0.8012	0.8070	0.8031	0.7999	0.7986	0.7949	0.7950
63	0.8610	0.8254	0.8145	0.8159	0.7946	0.8002	0.7959	0.7925	0.7908	0.7870	0.7882
64	0.8556	0.8197	0.8090	0.8103	0.7880	0.7934	0.7887	0.7851	0.7830	0.7791	0.7813
65	0.8502	0.8139	0.8035	0.8047	0.7814	0.7865	0.7814	0.7776	0.7752	0.7713	0.7745
66	0.8448	0.8083	0.7980	0.7991	0.7748	0.7797	0.7741	0.7700	0.7674	0.7634	0.7677
67	0.8393	0.8026	0.7926	0.7935	0.7683	0.7729	0.7668	0.7625	0.7595	0.7556	0.7609
68	0.8338	0.7970	0.7872	0.7880	0.7619	0.7662	0.7594	0.7548	0.7516	0.7477	0.7541
69	0.8283	0.7914	0.7818	0.7825	0.7554	0.7594	0.7520	0.7472	0.7437	0.7399	0.7474
70	0.8228	0.7858	0.7764	0.7770	0.7490	0.7527	0.7446	0.7395	0.7357	0.7321	0.7407

2023 MEN'S ONE-YEAR AGE FACTORS

Age	60m	100m	200m	400m	800m	1000m	1500m	Mile	3000m	5000m	10000m
71	0.8172	0.7803	0.7711	0.7715	0.7427	0.7459	0.7371	0.7317	0.7278	0.7242	0.7340
72	0.8116	0.7748	0.7658	0.7654	0.7363	0.7392	0.7296	0.7239	0.7198	0.7164	0.7273
73	0.8060	0.7693	0.7605	0.7588	0.7300	0.7325	0.7221	0.7161	0.7118	0.7086	0.7206
74	0.8003	0.7638	0.7552	0.7517	0.7238	0.7259	0.7146	0.7082	0.7038	0.7008	0.7140
75	0.7946	0.7584	0.7500	0.7440	0.7169	0.7188	0.7070	0.7003	0.6957	0.6930	0.7073
76	0.7889	0.7530	0.7447	0.7357	0.7095	0.7112	0.6994	0.6923	0.6877	0.6852	0.7007
77	0.7832	0.7477	0.7388	0.7269	0.7014	0.7032	0.6918	0.6843	0.6796	0.6775	0.6942
78	0.7774	0.7423	0.7322	0.7175	0.6928	0.6946	0.6835	0.6763	0.6715	0.6697	0.6868
79	0.7716	0.7370	0.7249	0.7075	0.6836	0.6854	0.6746	0.6682	0.6634	0.6619	0.6787
80	0.7658	0.7317	0.7170	0.6970	0.6737	0.6756	0.6651	0.6601	0.6552	0.6541	0.6698
81	0.7593	0.7257	0.7083	0.6859	0.6633	0.6652	0.6549	0.6513	0.6464	0.6456	0.6601
82	0.7521	0.7190	0.6990	0.6743	0.6523	0.6541	0.6440	0.6417	0.6367	0.6362	0.6496
83	0.7442	0.7116	0.6890	0.6620	0.6406	0.6425	0.6325	0.6314	0.6263	0.6261	0.6383
84	0.7357	0.7035	0.6783	0.6493	0.6284	0.6302	0.6204	0.6204	0.6151	0.6151	0.6263
85	0.7264	0.6946	0.6669	0.6360	0.6156	0.6173	0.6076	0.6087	0.6032	0.6034	0.6135
86	0.7164	0.6850	0.6549	0.6221	0.6022	0.6038	0.5942	0.5962	0.5905	0.5908	0.5999
87	0.7058	0.6747	0.6421	0.6076	0.5882	0.5897	0.5801	0.5830	0.5771	0.5775	0.5856
88	0.6944	0.6637	0.6287	0.5926	0.5735	0.5750	0.5654	0.5691	0.5629	0.5633	0.5704
89	0.6824	0.6520	0.6146	0.5770	0.5583	0.5596	0.5501	0.5545	0.5480	0.5484	0.5545
90	0.6696	0.6396	0.5998	0.5609	0.5425	0.5436	0.5341	0.5391	0.5323	0.5326	0.5378
91	0.6562	0.6264	0.5843	0.5442	0.5261	0.5270	0.5175	0.5230	0.5158	0.5161	0.5203
92	0.6421	0.6125	0.5682	0.5269	0.5091	0.5098	0.5002	0.5062	0.4986	0.4987	0.5021
93	0.6273	0.5980	0.5513	0.5091	0.4915	0.4920	0.4823	0.4886	0.4806	0.4806	0.4830
94	0.6118	0.5827	0.5338	0.4907	0.4733	0.4736	0.4638	0.4704	0.4619	0.4617	0.4632
95	0.5956	0.5666	0.5156	0.4718	0.4544	0.4545	0.4446	0.4514	0.4425	0.4419	0.4426
96	0.5787	0.5499	0.4966	0.4523	0.4350	0.4349	0.4248	0.4317	0.4222	0.4214	0.4213
97	0.5612	0.5324	0.4771	0.4322	0.4150	0.4146	0.4043	0.4112	0.4013	0.4000	0.3991
98	0.5429	0.5142	0.4568	0.4116	0.3944	0.3937	0.3832	0.3901	0.3795	0.3779	0.3762
99	0.5239	0.4953	0.4358	0.3904	0.3732	0.3722	0.3614	0.3682	0.3570	0.3550	0.3524
100	0.5043	0.4757	0.4142	0.3686	0.3514	0.3500	0.3390	0.3456	0.3338	0.3313	0.3279
101	0.4840	0.4554	0.3918	0.3463	0.3289	0.3273	0.3160	0.3223	0.3098	0.3067	0.3027
102	0.4630	0.4343	0.3688	0.3234	0.3059	0.3039	0.2923	0.2983	0.2851	0.2814	0.2766
103	0.4412	0.4126	0.3451	0.2999	0.2823	0.2799	0.2680	0.2735	0.2596	0.2553	0.2498
104	0.4189	0.3901	0.3207	0.2759	0.2580	0.2553	0.2431	0.2480	0.2333	0.2283	0.2221
105	0.3958	0.3669	0.2957	0.2514	0.2332	0.2300	0.2175	0.2218	0.2063	0.2006	0.1937
106	0.3720	0.3429	0.2699	0.2262	0.2078	0.2041	0.1913	0.1949	0.1785	0.1721	0.1646
107	0.3475	0.3183	0.2435	0.2005	0.1817	0.1776	0.1644	0.1672	0.1500	0.1428	0.1346
108	0.3224	0.2929	0.2163	0.1742	0.1551	0.1504	0.1369	0.1389	0.1208	0.1126	0.1038
109	0.2965	0.2668	0.1885	0.1474	0.1279	0.1225	0.1088	0.1098	0.0908	0.0817	0.0723
110	0.2700	0.2400	0.1600	0.1200	0.1000	0.0939	0.0800	0.0800	0.0600	0.0500	0.0400

2023 MEN'S ONE-YEAR AGE FACTORS

Age	Javelin	Weight	3000m RaceWalk	5000m RaceWalk	10k RaceWalk	20k RaceWalk	Half Marathon	Marathon
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0015	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	1.0153	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
34	1.0294	1.0000	1.0000	1.0000	0.9970	1.0000	1.0000	1.0000
35	1.0438	1.0000	1.0000	1.0000	0.9914	1.0000	0.9953	1.0000
36	1.0586	1.0124	1.0000	0.9941	0.9857	1.0000	0.9885	1.0000
37	1.0738	1.0257	0.9976	0.9877	0.9800	0.9964	0.9816	1.0000
38	1.0894	1.0391	0.9907	0.9811	0.9742	0.9901	0.9748	0.9947
39	1.1054	1.0529	0.9837	0.9746	0.9683	0.9838	0.9680	0.9876
40	1.1218	1.0668	0.9766	0.9679	0.9624	0.9774	0.9612	0.9804
41	1.1386	1.0810	0.9696	0.9613	0.9564	0.9709	0.9544	0.9733
42	1.1560	1.0955	0.9624	0.9545	0.9503	0.9642	0.9476	0.9661
43	1.1738	1.1102	0.9553	0.9477	0.9442	0.9575	0.9408	0.9589
44	1.1921	1.1252	0.9481	0.9408	0.9380	0.9507	0.9340	0.9517
45	1.2110	1.1405	0.9408	0.9339	0.9318	0.9438	0.9272	0.9445
46	1.2304	1.1560	0.9336	0.9269	0.9254	0.9369	0.9204	0.9372
47	1.2504	1.1718	0.9262	0.9198	0.9191	0.9298	0.9137	0.9299
48	1.2710	1.1880	0.9189	0.9127	0.9126	0.9227	0.9069	0.9226
49	1.2923	1.2044	0.9115	0.9055	0.9061	0.9154	0.9002	0.9153
50	1.2293	0.9978	0.9041	0.8983	0.8995	0.9081	0.8934	0.9079
51	1.2505	1.0117	0.8966	0.8910	0.8929	0.9007	0.8867	0.9005
52	1.2723	1.0259	0.8891	0.8837	0.8862	0.8932	0.8799	0.8931
53	1.2949	1.0405	0.8816	0.8763	0.8795	0.8856	0.8732	0.8857
54	1.3183	1.0553	0.8740	0.8689	0.8727	0.8780	0.8665	0.8783
55	1.3425	1.0704	0.8664	0.8614	0.8658	0.8702	0.8598	0.8708
56	1.3675	1.0858	0.8587	0.8538	0.8589	0.8624	0.8531	0.8633
57	1.3934	1.1015	0.8510	0.8462	0.8520	0.8546	0.8464	0.8558
58	1.4203	1.1176	0.8433	0.8386	0.8449	0.8466	0.8397	0.8483
59	1.4482	1.1340	0.8356	0.8309	0.8378	0.8385	0.8331	0.8407
60	1.3675	1.0071	0.8278	0.8231	0.8307	0.8304	0.8264	0.8331
61	1.3954	1.0221	0.8200	0.8153	0.8235	0.8222	0.8197	0.8255
62	1.4243	1.0374	0.8121	0.8074	0.8163	0.8140	0.8131	0.8179
63	1.4544	1.0530	0.8043	0.7995	0.8090	0.8056	0.8064	0.8103
64	1.4858	1.0690	0.7963	0.7916	0.8016	0.7972	0.7998	0.8026
65	1.5184	1.0854	0.7884	0.7836	0.7942	0.7888	0.7931	0.7950
66	1.5525	1.1022	0.7804	0.7755	0.7867	0.7802	0.7865	0.7873
67	1.5882	1.1193	0.7724	0.7674	0.7792	0.7716	0.7799	0.7796
68	1.6254	1.1368	0.7644	0.7593	0.7717	0.7629	0.7733	0.7718
69	1.6643	1.1548	0.7563	0.7511	0.7640	0.7541	0.7666	0.7641
70	1.5566	1.0263	0.7482	0.7428	0.7564	0.7453	0.7600	0.7563

2023 MEN'S ONE-YEAR AGE FACTORS

Age	Javelin	Weight	3000m RaceWalk	5000m RaceWalk	10k RaceWalk	20k RaceWalk	Half Marathon	Marathon
71	1.5956	1.0437	0.7401	0.7346	0.7487	0.7364	0.7534	0.7485
72	1.6367	1.0620	0.7319	0.7262	0.7409	0.7275	0.7468	0.7407
73	1.6798	1.0813	0.7238	0.7179	0.7331	0.7185	0.7396	0.7329
74	1.7252	1.1017	0.7155	0.7094	0.7252	0.7094	0.7318	0.7250
75	1.7731	1.1233	0.7073	0.7010	0.7173	0.7002	0.7233	0.7165
76	1.8236	1.1462	0.6990	0.6925	0.7093	0.6910	0.7142	0.7074
77	1.8770	1.1704	0.6907	0.6839	0.7013	0.6817	0.7044	0.6976
78	1.9336	1.1960	0.6824	0.6754	0.6933	0.6724	0.6941	0.6871
79	1.9936	1.2233	0.6741	0.6667	0.6852	0.6630	0.6831	0.6760
80	1.8402	1.0544	0.6657	0.6581	0.6770	0.6536	0.6715	0.6643
81	1.9010	1.0805	0.6573	0.6494	0.6688	0.6441	0.6592	0.6519
82	1.9658	1.1083	0.6488	0.6406	0.6606	0.6345	0.6463	0.6388
83	2.0351	1.1381	0.6404	0.6318	0.6520	0.6249	0.6328	0.6251
84	2.1095	1.1701	0.6319	0.6230	0.6431	0.6152	0.6187	0.6108
85	2.1894	1.2044	0.6234	0.6141	0.6338	0.6054	0.6039	0.5958
86	2.2754	1.2414	0.6149	0.6052	0.6241	0.5956	0.5885	0.5801
87	2.3685	1.2814	0.6063	0.5963	0.6142	0.5858	0.5725	0.5638
88	2.4694	1.3247	0.5977	0.5873	0.6038	0.5759	0.5558	0.5469
89	2.5791	1.3718	0.5891	0.5783	0.5932	0.5659	0.5385	0.5293
90	2.6989	1.4230	0.5805	0.5692	0.5822	0.5559	0.5206	0.5110
91	2.8303	1.4791	0.5718	0.5601	0.5708	0.5459	0.5021	0.4921
92	2.9731	1.5407	0.5631	0.5510	0.5591	0.5357	0.4829	0.4726
93	3.1287	1.6087	0.5544	0.5418	0.5471	0.5256	0.4631	0.4524
94	3.2990	1.6841	0.5452	0.5322	0.5347	0.5154	0.4426	0.4316
95	3.4861	1.7680	0.5355	0.5220	0.5219	0.5051	0.4216	0.4101
96	3.6924	1.8622	0.5253	0.5114	0.5089	0.4942	0.3999	0.3879
97	3.9212	1.9684	0.5146	0.5002	0.4954	0.4828	0.3776	0.3651
98	4.1761	2.0892	0.5034	0.4885	0.4817	0.4707	0.3546	0.3417
99	4.4618	2.2278	0.4917	0.4764	0.4676	0.4581	0.3310	0.3176
100	4.7841	2.3883	0.4795	0.4637	0.4531	0.4448	0.3068	0.2929
101	5.1505	2.5764	0.4668	0.4506	0.4384	0.4310	0.2820	0.2675
102	5.5705	2.7997	0.4536	0.4370	0.4232	0.4166	0.2565	0.2415
103	6.0565	3.0692	0.4399	0.4228	0.4078	0.4016	0.2304	0.2148
104	6.6254	3.4008	0.4257	0.4082	0.3920	0.3860	0.2036	0.1875
105	7.2999	3.8185	0.4110	0.3931	0.3758	0.3698	0.1763	0.1595
106	8.1120	4.3608	0.3958	0.3774	0.3593	0.3530	0.1483	0.1309
107	9.1084	5.0931	0.3801	0.3613	0.3425	0.3356	0.1197	0.1017
108	10.3592	6.1364	0.3639	0.3447	0.3253	0.3177	0.0904	0.0718
109	11.9750	7.7413	0.3472	0.3276	0.3078	0.2991	0.0605	0.0412
110	14.1421	10.5283	0.3300	0.3100	0.2900	0.2800	0.0300	0.0100