

Men							
Events	Target Recruits	Roster Consideration	2025 CUSA	Top Mark (1st 2025 CUSA Podium (3rd)	2025 CUSA Scorer (8th)	2025 East Region qualifier	2025 National Qualifier
100	10.3	10.45	10.01	10.06	10.27	10.26	10.13
200	20.9	21.4	20.41	20.5	20.87	20.72	20.32
400	46.3	47.3	45.68	46.02	47.16	46.24	45.63
800	01:50.7	01:54.0	1:47:00	01:48.4	01:51.2	01:48.0	01:46.6
1600	04:08.0	04:12.0	3:43.24 (1500)	3:45.97 (1500)	3:49.80 (1500)	3:40.79 (1500)	3:41.0 (1500)
3200	09:03.0	09:08.0	8:11.19 (3000)	8:11.64 (3000)	8:16.44 (3000)		
5000			13:52.9	14:03.9	14:17.6	13:46.4	14:00.1
10,000			29:10.3	29:37.6	32:03.1	28:51.46	29:19.5
100H/110H	13.8	14.3	13.42	13.61	14.06	13.89	13.56
300H	37.2	38.5					
400H	52.5	54.2	51.68	52.3	53.23	51.41	50.21
High Jump	6' 10"	6' 6"	2.18m (7' 1.75")	2.08m (6' 9.75")	1.99m (6' 6.25")	2.10m (6' 10.75")	2:15m (7' 0.5")
Pole Vault	16' 6"	15' 9"	5.25m (17' 2.75")	5.08m (16' 8")	4.92m (16' 1.75")	5.18m (17' 0")	5.33m (17' 5.75")
Long Jump	24' 6"	23' 6"	7.90m (25' 11")	7.64m (25' 0.75")	7.43m (24' 4.5")	7.53m (24' 8.5")	7.47m (24' 6.5")
Triple Jump	49' 10"	47' 10"	15.79m (51' 9.75")	15.45m (50' 8.25")	14.89m (48' 10.25")	15.30m (50' 2.5")	15.80m (51' 10")
Shot Put	60' (12 lb)	56' (12 lb)	17.29m (56' 8.75")	16.92m (55' 6.25")	16.73m (54' 10.75")	17.84m (58' 6.5")	18.77m (61' 7")
Discus	180' (1.6 kg)	170' (1.6 kg)	57.39m (188' 3")	54.55m (179' 0")	51.38m (168' 7")	53.50m (175' 6")	56.70m (186' 0")
Javelin	205'	190'	70.28m (230' 7")	63.75m (209' 2")	57.02m (187' 1")	63.10m (207' 0")	67.40m (221' 1")
Hammer	190' (12 lb)	170' (12 lb)	66.87m (219' 5")	63.01m (206' 9")	57.49m (188' 7")	62.20m (204' 1")	64.99m (213' 3")

Women							
Events	Target Recruits	Roster Consideration	2025 CUSA	Top Mark (1st 2025 CUSA Podium (3rd)	2025 CUSA Scorer (8th)	2025 East Region qualifier	2025 National Qualifier
100	11.5	11.7	11.22	11.32	11.59	11.41	11.24
200	23.5	24.2	22.97	23.23	23.66	23.24	23.03
400	53.9	55.7	52.58	53.7	54.02	52.96	51.94
800	02:10.0	02:15.0	02:01.7	02:04.0	02:07.3	02:04.9	02:02.4
1600	04:52.0	05:08.0	4:09.76 (1500)	4:17.26 (1500)	4:20.21 (1500)	4:16.05 (1500)	4:10.92 (1500)
3200	10:34.0	10:55.0	9:28.67 (3000)	9:33.54 (3000)	9:44.32 (3000)		
5000			15:57.6	16:25.3	16:48.4	15:55.0	15:33.7
10,000			33:25.9	34:47.1	36:32.5	34:07.0	33:13.6
100H/110H	13.9	14.2	12.85	13.35	13.89	13.41	13.14
300H	43.2	44.2					
400H	61.2	63.2	56.77	59.72	01:02.7	58.96	57.16
High Jump	5' 8"	5' 6"	1.78m (5' 10")	1.76m (5' 9.25")	1.70 (5' 7")	1.74m (5' 8.5")	1.79m (5' 10.5")
Pole Vault	13' 0"	12' 6"	4.20m (13' 9.25")	4.05m (13' 3.5")	3.85m (12' 7.5")	4.10m (13' 5.75")	4.09m (13' 5")
Long Jump	19' 8"	18' 6"	6.23m (20' 5.25")	6.13m (20' 1.5)	6.00m (19' 8.25")	6.12m (20' 1")	6.11m (20' 0.5")
Triple Jump	40' 6"	38' 6"	12.60m (41' 4.25")	12.50m (41' 0.25")	12.25m (40' 2.25")	12.69m (41' 7.75")	12.93m (42' 5.25")
Shot Put	44' 0"	41' 0"	15.17m (49' 9.25")	13.89m (48' 10.25")	14.04m (46' 0.75")	15.42m (50' 7.25")	16.83m (55' 2.75")
Discus	145' 0"	130' 0"	62.17m (204' 0")	53.12m (174' 3")	46.43m (152' 4")	50.34m (165' 2")	54.16m (177' 8")
Javelin	135' 0"	125' 0"	54.99m (180' 5")	49.31m (161' 9")	42.25m (138' 7")	45.90m (150' 7")	49.42m (162' 2")
Hammer	175' 0"	160' 0"	67.51m (221' 6")	65.73m (215' 8")	55.27m (181' 4")	57.55m (188' 10")	63.44m (208' 2")