

## England Athletics 2026 Outdoor Championships Entry Standards **(v2)**

- Entry standards must have been achieved in a licensed **competition**.
- Please note the variation in qualification period for various age groups/events:
  - U20/Senior – Performances from 1 October 2025 to closing date.
  - U16/U18 – Performances from 1 April 2026 to closing date.
  - CE & Para – Performances from 1 January 2025 to closing date.
- Entry standards must be achieved by the closing date for each competition.
- Entries will not be accepted without a standard.
- Wind assisted times will not be accepted.
- 5000m times achieved on the road will be accepted.
- Entries will only be accepted for performances with the new age group specifications.  
For example: shot put weight, hurdle height.

Men				Event (max number of entries)	Women			
Senior	U20	U18	U16		U16	U18	U20	Senior
10.90	11.00	11.30	11.80	100m (40)	12.85	12.60	12.50	12.40
22.20	22.50	23.20	24.20	200m (40)	26.40	26.10	26.00	25.50
49.30	51.00	53.00	40.80	300/400m (40)	43.00	68.00	59.60	58.00
01:52.0	01:54.0	01:58.0	02:05.0	800m (24)	02:18.0	02:15.0	02:13.0	02:11.0
03:48.0	03:56.0	04:06.0	04:20.0	1500m (28)	04:47.0	04:43.0	04:37.0	04:27.0
	08:34.0	09:00.0	09:45.0	3000m (16)	10:50.0	10:35.0	10:00.0	
14:35.0	15:20.0			5000m (16)			18:45.0	17:00.0
15.90	16.00	16.00	15.00	Sp. H (40)	12.80	16.00	16.50	16.00
57.00	61.00	63.00	49.65	3/400mH (40)	52.00	72.00	69.00	67.00
09:30.0	11:00.0	*07:00.0		Steeplechase (16)		05:45.0	*13:00.0 09:00.0	12:00.0
16:00.0	16:00.0	17:00.0	18:00.0	3000m Walk (16)	19:00.0	18:00.0	17:00.0	17:00.0
2.00m	1.95m	1.90m	1.75m	High jump (12)	1.56m	1.64m	1.65m	1.72m
7.20m	6.80m	6.60m	6.00m	Long jump (12)	5.20m	5.50m	5.65m	6.00m
14.50m	13.50m	13.20m	11.50m	Triple jump (12)	10.20m	10.80m	11.20m	12.50m
4.60m	4.00m	3.80m	3.40m	Pole vault (12)	2.70m	3.10m	3.20m	3.55m
14.00	13.00	14.00	12.50	Shot (12)	11.00	12.00	11.00	13.00
45.00	40.00	40.00	35.00	Discus (12)	27.00	32.00	37.00	44.00
57.00	48.00	46.50	39.00	Hammer (12)	37.00	45.00	42.00	54.00
58.00	51.00	50.00	43.00	Javelin (12)	31.50	38.00	37.00	41.50
6000 (out) <b>4600</b> (indoors)	5300 (out) <b>4100</b> (indoors)			CE (16)			4100 (out) <b>3000</b> (indoors)	4400 (out) <b>3200</b> (indoors)

\*U20 Women's steeplechase entry standard is 3000m/2000m, Championship race will be 3000m.

- There are no entry standards for U16/U18 Combined Events. Entries will be capped at 32.  
There will be minimum starting heights for vertical jumps. Athletes must have achieved these heights in competition for the entry to be accepted.
- Any questions regarding please contact [eventsupport@englandathletics.org](mailto:eventsupport@englandathletics.org)