

England Athletics 2026

Indoor Senior Para Championships Entry Standards

- All National & International classified para athletes are eligible.
- Entry Standards must be achieved between - **1st January 2025 – 17th December 2025**.
- Entry standards must be obtained at a licensed competition, which is a level 1 or level 2 competition held within the UK or an event with a WPA permit if the standard is obtained abroad. To view a list of licensed competitions please use this link <https://fixtures.myathletics.uk/>
- Wind Assisted times will not be accepted.

60m	M	400m	M	1500m (BMC)	M	Long Jump	M	Shot Put	M
T11, T12, T13	8.00	T11, T12, T13	1.05	T11, T12, T13	4.13	T11	4.61	F11	8.70
T35	10.25	T20	58.02	T20	4.38	T12	5.27	F12	10.47
T36	10.22	T37	1.08	T37/38	4.52	T13	5.20	F20	7.65
T37	9.92	T38	1.07	T45/46	4.52	T20	5.34	F32, F33, F34	5.82
T38	9.02	T45/46/47	1.05			T36/T37	4.00	F35	10.30
T44	9.02	T43/T62	1.04			T38	4.10	F36	10.40
T45/46/47	7.68					T45/46/47	4.58	F37	8.00
T42/T63	8.55					T43/T44	4.23	F40	7.17
T62/T64	8.27					T62/T64	4.87	F41	7.58
								F45/46	10.58
								F53	5.65
								F54-55	7.68
								F56-57	7.35
								F42/61/63	9.73
60m	F	400m	F	1500m (BMC)	F	Long Jump	F	Shot Put	F
T11, T12, T13	8.96	T11, T12, T13	1.18	T11, T12, T13	6.20	T11, T12	3.09	F11-12	7.94
T35	11.60	T20	1.16	T20	5.41	T20	4.40	F20	8.86
T36	10.28	T37	1.26			T37	2.84	F32	5.02
T37	11.06	T38	1.22			T38	3.45	F33	5.03
T38	9.60	T45/46/47	1.12			T45/46/47	4.70	F34	5.07
T45/46/47	9.14					T42/61/63	3.76	F35	6.10
T42/63	9.22					T43/44/62/64	3.98	F37	8.36
T62/64	9.50							F40	5.63
								F41	6.23
								F42/43/44	7.65
								F45/46	7.72
								F53/54	5.04
								F55, F56, F57	4.90
								F61/62/63/64	7.65