

England Athletics 2024 Outdoor Championships Entry Standards.

- Entries will only be accepted from athletes who have achieved the standard in **competition** from the 1st January 2024. (Excluding CE)
- Entry standards must be achieved by the closing date for each competition.
- Entries will not be accepted without a standard.

Men					Event	Women				
Senior	U23	U20	U17	U15		U15	U17	U20	U23	Senior
10.85	11.00	11.05	11.35	11.90	100m (s)	12.90	12.85	12.65	12.55	12.30
22.20	22.30	22.60	23.40	24.50	200m (s)	26.60	26.35	26.00	25.90	25.00
48.90	51.00	51.00	53.00	41.00	300/400m (s)	43.00	42.50	60.00	59.00	57.00
01:51.0	01:52.0	01:54.0	01:58.5	02:04.0	800m (min)	02:17.0	02:13.0	02:12.0	02:10.0	02:08.0
03:47.0	03:50.0	03:53.0	04:04.0	04:18.0	1500m (min)	04:44.0	04:42.0	04:33.0	04:32.0	04:25.0
		08:25.0	08:50.0	09:25.0	3000m (min)	10:40.0	10:25.0	09:55.0		
14:05.0	14:25.0	14:40.0			5000m (min)			17:30.0	17:10.0	16:30.0
15.90	15.90	16.00	15.00	13.00	Sp. H (s) **	12.50	12.50	16.00	16.00	15.50
56.00	58.00	59.00	62.00		3/400mH (s)		49.00	67.00	66.00	64.50
09:20.0	10:00.0	10:30.0	04:50.0		S/Chase (min)		05:45.0	*12:00.0 08:00.0	12:00.0	11:00.0
16:00.0	16:00.0	16:00.0	17:00.0	18:00.0	3000m Walk (min)	19:00.0	18:00.0	17:00.0	17:00.0	17:00.0
2.00	1.97	1.95	1.85	1.69	High J (m)	1.55	1.62	1.65	1.66	1.66
7.05	6.85	6.70	6.35	5.80	Long J (m)	5.15	5.45	5.60	5.70	5.70
14.30	14.00	13.00	12.70	11.00	Triple J (m)	10.00	10.80	11.25	11.30	11.30
4.45	4.35	4.10	3.60	2.90	Pole V (m)	2.45	3.05	3.15	3.30	3.40
15.00	14.50	13.50	13.20	12.80	Shot (m)	10.80	12.20	11.20	12.00	13.50
50.00	42.00	43.00	41.00	37.00	Discus (m)	28.50	32.00	35.00	38.00	45.00
58.00	52.00	48.00	46.00	40.00	Hammer (m)	38.00	46.00	41.00	49.00	56.00
62.00	56.00	53.00	52.00	43.00	Javelin (m)	32.00	38.00	38.00	42.00	45.00
5800** *		5000* **	4100 *** (Oct) 4600 *** (Dec)	***	Combined Events (Points)	***	3800***	3800***		4100** *

*U20 Women's Steeple Chase entry standard is 3000m/2000m, Championship race will be 3000m as a trial for U20 World Championships

** Sp.H(s) is the abbreviation for the age appropriate Sprint Hurdles. 100/110H or 75/80mH

*** Athletes who achieved CE entry standards for their age group in the 2023 Outdoor season will be accepted. For athletes who have moved up an age group for the 2024 outdoor season, therefore in the first year of their age group, if they achieved the entry standard for the CE for their 2023 outdoor age group, this will be accepted for their new age group.

The points scored for U15 in 2023 must have achieved at least 2500pts as a pentathlon score to be considered for first year U17 entry.

NB: Entries will be accepted subject to capacity numbers for the event and will be accepted on a first come first served basis.

Please make note of UKA selection policies for details of trials for 2024 U20 World Championships (please ensure you are referring to the most recent version of the policies)

<https://www.uka.org.uk/performance/2024-selection-policies/>

