

England Athletics 2023 Outdoor Championships Entry Standards

- Entries will only be accepted from athletes who have achieved the standard in **competition** from the 1st January 2023.
- 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
10.80	11.00	11.00	11.30	11.80	100m	12.90	12.70	12.50	12.40	12.15
21.85	22.20	22.30	23.00	24.30	200m	26.60	26.30	25.60	25.20	24.90
48.50	50.00	50.00	52.00	40.00	300/400m	42.50	42.00	59.00	58.00	56.00
01:52.0	01:54.0	01:56.0	02:00.0	02:09.0	800m	02:21.0	02:18.0	02:15.0	02:14.0	02:10.0
03:50.0	03:55.0	03:58.0	04:12.0	04:30.0	1500m	04:50.0	04:45.0	04:39.0	04:36.0	04:32.0
-	-	08:30.0	09:00.0	09:55.0	3000m	10:40.0	10:30.0	09:55.0	-	-
14:20.0	15:00.0	15:30.0	-	-	5000m	-	-	17:45.0	17:30.0	17:10.0
15.20	15.20	15.40	14.60	12.50	Sp. H	12.00	12.20	15.00	15.00	14.80
55.00	57.00	58.00	61.00	-	3/400mH	-	48.00	66.00	65.00	63.50
09:35.0	10:00.0	10:15.0	04:50.0	-	S/Chase	-	05:45.0	*07:20.00	12:00.0	11:30.0
27:00.0	16:00.0	16:00.0	17:00.0	18:00.0	5/3000m Walk	19:00.0	18:00.0	17:00.0	17:00.0	28:00.0
1.98	1.97	1.94	1.86	1.69	High J	1.57	1.63	1.66	1.68	1.68
7.05	7.00	6.75	6.40	5.70	Long J	5.10	5.40	5.65	5.70	5.75
14.30	14.00	13.50	12.70	11.30	Triple J	10.00	10.80	11.20	11.50	11.70
4.50m	4.40m	4.20m	3.70m	2.90m	Pole V	2.50m	3.10m	3.40m	3.40m	3.50m
15.00	14.50	14.00	13.00	11.90	Shot	10.60	12.20	11.90	13.00	13.50
47.00	40.00	42.00	40.00	33.00	Discus	27.00	33.00	35.00	38.00	44.00
57.00	52.00	44.00	44.00	32.00	Hammer	33.00	43.00	44.00	47.00	54.00
59.00	53.00	53.00	50.00	41.00	Javelin	33.00	38.00	39.00	39.00	42.00
5000	-	5000	N/A	N/A	Combined Events	N/A	N/A	4000	-	4200

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

Please make note of UKA selection policies for details of trials for 2023 U23 & U20 European Championships (please ensure you are referring to the most recent version of the policies)

- [2023 European U23 Championships Selection Policy](#)
- [2023 European U20 Championships Selection Policy](#)