

## England Athletics 2023 Outdoor Championships Entry Standards

- Entries will only be accepted from athletes who have achieved the standard in **competition** from the 1<sup>st</sup> 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	<b>100m</b>	12.90	12.70	12.50	12.40	12.15
21.85	22.20	22.30	23.00	24.30	<b>200m</b>	26.60	26.30	25.60	25.20	24.90
48.50	50.00	50.00	52.00	40.00	<b>300/400m</b>	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	<b>800m</b>	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	<b>1500m</b>	04:50.0	04:45.0	04:39.0	04:36.0	04:32.0
-	-	08:30.0	09:00.0	09:55.0	<b>3000m</b>	10:40.0	10:30.0	09:55.0	-	-
14:20.0	15:00.0	15:30.0	-	-	<b>5000m</b>	-	-	17:45.0	17:30.0	17:10.0
15.20	15.20	15.40	14.60	12.50	<b>Sp. H</b>	12.00	12.20	15.00	15.00	14.80
55.00	57.00	58.00	61.00	-	<b>3/400mH</b>	-	48.00	66.00	65.00	63.50
09:35.0	10:00.0	10:15.0	04:50.0	-	<b>S/Chase</b>	-	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	<b>5/3000m Walk</b>	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	<b>High J</b>	1.57	1.63	1.66	1.68	1.68
7.05	7.00	6.75	6.40	5.70	<b>Long J</b>	5.10	5.40	5.65	5.70	5.75
14.30	14.00	13.50	12.70	11.30	<b>Triple J</b>	10.00	10.80	11.20	11.50	11.70
4.50m	4.40m	4.20m	3.70m	2.90m	<b>Pole V</b>	2.50m	3.10m	3.40m	3.40m	3.50m
15.00	14.50	14.00	13.00	11.90	<b>Shot</b>	10.60	12.20	11.90	13.00	13.50
47.00	40.00	42.00	40.00	33.00	<b>Discus</b>	27.00	33.00	35.00	38.00	44.00
57.00	52.00	44.00	44.00	32.00	<b>Hammer</b>	33.00	43.00	44.00	47.00	54.00
59.00	53.00	53.00	50.00	41.00	<b>Javelin</b>	33.00	38.00	39.00	39.00	42.00
5000	-	5000	4300 (Oct Score)	2200	<b>Combined Events</b>	2600	4000	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](#)