

- Entry standards must have been achieved in a licensed **competition** from 1st January 2025 (The window for Combined Event standards varies as per information below).
- 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.

Men				Event	Women			
Senior	U20	U17	U15		U15	U17	U20	Senior
10.90	11.05	11.35	11.90	100m(s)	12.90	12.85	12.65	12.40
22.25	22.60	23.40	24.50	200m(s)	26.60	26.35	26.00	25.50
49.50	51.00	53.00	41.00	300/400m(s)	43.00	42.50	60.00	58.00
01:52.0	01:54.0	01:58.0	02:05.0	800m(min)	02:17.0	02:14.0	02:13.0	02:10.0
03:48.0	03:54.0	04:04.0	04:18.0	1500m(min)	04:45.0	04:41.0	04:35.0	04:27.0
	08:28.0	08:50.0	09:35.0	3000m(min)	10:30.0	10:15.0	09:50.0	
14:15.0	15:00.0			5000m(min)			17:45.0	16:40.0
15.90	16.00	15.00	13.00	Sp. H(s)	12.50	12.50	16.00	16.00
57.00	60.00	62.00		3/400mH(s)		49.00	67.00	66.00
09:20.0	10:30.0	04:50.0		S/Chase(min)		05:45.0	*12:00.0 08:00.0	11:00.0
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
1.97	1.93	1.85	1.69	High J (m)	1.55	1.62	1.65	1.66
6.85	6.70	6.35	5.80	Long J (m)	5.15	5.45	5.60	5.75
14.00	13.00	12.70	11.00	Triple J (m)	10.00	10.80	11.25	11.60
4.50	4.05	3.60	2.85	Pole V (m)	2.50	3.05	3.20	3.50
14.80	13.60	13.50	12.00	Shot (m)	10.50	11.50	11.60	13.00
44.50	40.00	38.00	33.00	Discus (m)	26.00	32.00	38.00	44.00
54.50	48.00	45.00	36.00	Hammer (m)	33.00	39.00	42.00	51.00
57.00	50.00	50.00	43.00	Javelin (m)	31.50	37.00	37.50	44.00
4600 (Hept 01/01/25)	4100 (Hept 01/01/25)	4200 (Octathlon 01/01/25)	2450 (Pent)	Combined Event (Points)	2700 (Pent)		2800 (Pent 01/01/25)	3200 (Pent 01/01/25)
6000 (01/04/24)	5300 (01/04/24)	5300 (01/04/24)				3900 (01/01/25)	3900 (01/04/24)	4200 (01/04/24)

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

- These championships act as the trial event for the U20 European Championships. Selection policy is available [here](#) (please ensure you are referring to the most up to date version of the selection policy). Any questions regarding this please contact agegroupchampsinfo@britishathletics.org.uk
- Combined Events will be capped at 24 entries. Please refer to the entry policy for more information on this. Vertical jumps will have minimum starting heights.

- Any questions regarding please contact eventsupport@englandathletics.org