BUCS ATHLETICS: OUTDOOR CHAMPIONSHIPS 2023-2024

PERFORMANCE STANDARDS FOR 3RD AND 4TH ATHLETES

Universities are permitted to make **TWO entries** by rite into each category at the Outdoor Athletics Championships. To be able to compete a person must have competed in that event between **1st January 2022 and 2nd April 2024** and have a link to a **Power of 10 profile**, **European Athletics Website**, **World Athletics website**, or their national website, **providing it take us to the individuals profile**, that proves this BP.

**Example**

This a correct link and I thank Jonathon Broom-Edwards for allowing me to use his link as an example.

<https://www.thepowerof10.info/athletes/profile.aspx?athleteid=85951>

**The link below will not be accepted**. As it takes you to a log in page, which requires an email address and password, which obviously I don’t have.

<https://www.thepowerof10.info/user/potuserloginconfirmation.aspx>

A person wishing to compete in the **5000m, Triple Jump or Pole Vault** must also meet that Entry Standard. The criteria for those events are explained in the Entry information when entries open (circa March 2024).

Universities **may also enter a 3rd and 4th athlete** (which will be accepted if there is capacity).

However, in this case **ALL** athletes from the institution in that event **MUST** achieve the “Entry Standard for 3-4 athletes” (see below).

**Example**

University A – Enters two males into the 400m, their BPs are 50.33 and 51.43. **✓ Entries accepted.**

University B – Enters three males into the 400m, their BPs are 48.43, 47.50 and 48.12. **✓ Entries accepted.**

University C – Enters four males into the 400m, their BPs are 48.00, 46.99, 49.20, 50.46. **X 2 Entries rejected.**

* 48.00, 46.99, 49.20, 50.46 Slower than 48.55.

The University may select TWO of their athletes to compete in the competition, as all four did not meet the standard.

These standards are set at the average result for the 8th qualifier for the final in track events, 12th in the 1500m and 5000m and the 12th qualifier in field events (where possible) over the past 5 years of BUCS Outdoor Athletics competition.

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| **2024 ENTRY STANDARDS for 3 – 4 Athletes** |
|  | ***2023*** | **2024** |
|   | ***Men*** | ***Women*** | **Men** | **Women** |
| **100m** | 10.96 | 12.40 | **10.96** | **12.35** |
| **200m** | 22.10 | 25.40 | **22.00** | **25.40** |
| **400m** | 48.55 | 56.50 | **48.55** | **56.50** |
| **800m** | 1:54.50 | 2:13.50 | **1:54.00** | **2:13.50** |
| **1500m** | 3:52.30 | 4:36.80 | **3:52.30** | **4:36.80** |
| **5000m\*** | 14:40.00 | 17:20.00 | **14:35.00** | **17:20.00** |
| **110m/100m Hurdles** | 15.20 | 14.80 | **15.20** | **14.80** |
| **400m Hurdles** | 55.00 | 1:05.00 | **55.00** | **1:05.00** |
| **3000m/2000m Steeplechase** | 9:45.00 | 7:25.00 | **9:45.00** | **7:25.00** |
| **High Jump** | 1.87 | 1.62 | **1.87** | **1.62** |
| **Long Jump** | 6.70 | 5.20 | **6.70** | **5.25** |
| **Triple Jump** | 13.45 | 10.90 | **13.45** | **10.90** |
| **Pole Vault** | 4.10 | 2.75 | **4.10** | **2.75** |
| **Shot Put** | 12.25 | 10.50 | **12.25** | **10.50** |
| **Discus** | 38.00 | 36.00 | **38.00** | **36.00** |
| **Javelin** | 52.00 | 34.50 | **52.00** | **34.50** |
| **Hammer** | 42.00 | 41.00 | **42.00** | **41.00** |

\* **Track time Only**

Athletics Unions can contact the BUCS Athletics Event Manager (Maddi Cannell) with any queries.