

**European Athletics U23 Championships 2019**  
**Gävle / SWE, 11-14 July 2019**  
**Entry Standards**

<b>Men</b>	<b>Event</b>	<b>Women</b>
10.50	<b>100m</b>	11.90
21.50	<b>200m</b>	24.45
47.85	<b>400m</b>	55.00
1:49.00	<b>800m</b>	2:09.00
3:46.00	<b>1500m</b>	4:27.00
14:15.00	<b>5000m</b>	16:40.00
30:15.00	<b>10000m</b>	36:15.00
14.55	<b>100/110m Hurdles</b>	14.10
52.50	<b>400m Hurdles</b>	60.75
9:10.00	<b>3000m SC</b>	10:35.00
1:28.00	<b>20km Walk</b>	1:47.00
NES	<b>4x100m</b>	NES
NES	<b>4x400m</b>	NES
2.15	<b>High Jump</b>	1.79
5.20	<b>Pole Vault</b>	4.05
7.60	<b>Long Jump</b>	6.20
15.50	<b>Triple Jump</b>	12.80
17.50	<b>Shot Put</b>	14.30
54.00	<b>Discus</b>	48.50
65.00	<b>Hammer</b>	62.00
72.00	<b>Javelin</b>	51.00
7300	<b>Heptathlon/Decathlon</b>	5400

## Entry Rules

Individual participation (403.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3).

Alternatively to 403.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. However, the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.

If the host country of the European Athletics U23 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.

Relay teams (403.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules;

No athlete may compete in the European Athletics U23 Championships unless entered by a European Athletics Member Federation.

### Conditions for validity of performances:

- Performances must be achieved between the 1 January 2018 and **1 July 2019**
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules;
- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted;
- Wind assisted performances (over 2m/sec) will not be accepted;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m will not be accepted;
- For Race Walks, results of races conducted using the pit lane will be accepted;
- For the running events of 200m and over, performances achieved on over-sized tracks will not be accepted.