

## Entry Standards

Men	Event	Women
10.60	100m	11.85
21.40	200m	24.20
47.50	400m	54.60
1:49.20	800m	2:07.50
3:45.50	1500m	4:24.00
14:15.00	5000m	16:55.00
30:20.00	10000m	36:30.00
9:00.00	3000m Steeple	10:35.00
14.35	110m / 100m H	13.95
52.35	400m H	60.50
2.15	High Jump	1.81
5.20	Pole Vault	3.95
7.60	Long Jump	6.10
15.70	Triple Jump	13.00
17.30	Shot Put	14.80
53.50	Discus Throw	49.50
63.50	Hammer Throw	60.00
71.00	Javelin Throw	49.50
7200	Decathlon / Heptathlon	5300
1:30:00	Walk 20km	1:48:00
NES	4x100m & 4x400m	NES

NES = No entry standard

### Entries

**Individual Entries (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 408.1.3).

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.

**For each event, provided that any European Athletics Member enters only 1 (one) athlete, such an athlete shall not be required to have reached the qualifying standard for that event**

**(e.g. 100m three athletes competing = all must have entry standard, long jump one athlete competing = no entry standard necessary).**

Relay Teams (403.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the European Athletics Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

**Conditions:**

- Performances must be achieved between the 1 January 2012 and **01 July 2013**;
- 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;
- Wind assisted performances in the relevant individual events and combined events will not be accepted (the conditions set in IAAF Rules 260.22 (d) [version 2010] and 260.27 [version 2009] will be applied);
- 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 Championships unless entered by an European Athletics Member Federation

May 2012