European Athletics U23 Championships 2023
Espoo/FIN, 13-16 July 2023
Entry Standards

Athletes	Rounds	Men	Event	Women
32	3	10.50	100m	11.70
32	3	21.30	200m	24.00
32	3	47.00	400m	55.00
24	2	1:48.00	800m	2:06.50
24	2	3:42.50	1500m	4:24.00
25	1	13:58.00	5000m	16:35.00
25	1	29:45.00	10000m	35:40.00
32	3	14.40	100/110m Hurdles	13.90
32	3	52.50	400m Hurdles	1:00.50
24	2	9:00.00	3000m SC	10:25.00
25	1	1:35:00	20km Walk	1:48:00
16	2	NES	4x100m	NES
16	2	NES	4x400m	NES
24	2	2.15	High Jump	1.81
24	2	5.20	Pole Vault	4.05
24	2	7.60	Long Jump	6.25
24	2	15.55	Triple Jump	12.95
24	2	17.80	Shot Put	14.50
24	2	54.50	Discus	49.50
24	2	65.50	Hammer	61.00
24	2	72.00	Javelin	51.00
20		7400	Heptathlon/Decathlon	5600

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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 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. 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 World Athletics 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 2022** and **3 July 2023**;
- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations, or its National Federations, and conducted in conformity with World Athletics Rules. European Athletics reserves the right to establish additional criteria for the acceptance of the results for the purpose of the entry standards, with the aim to preserve the integrity of the sport;
- In regard to the Member Federations, who are on the latest Competition Manipulation Watch List, the consequences, as defined by the World Athletics (please, refer to WA Circular Letter M/49/22), are valid also for the purpose of qualifying to any European Athletics event, including the European Athletics U23 Championships.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule TR 9, 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; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
    - the velocity in any individual event shall not exceed plus 4 metres per second;
    - the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m and 4x100m Relay 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 indoor tracks will be accepted. Subject to that an oval track length is greater than 201.2m (220 yards) but no greater than 400m; and the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

Non-sporting eligibility criteria "I run clean"

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.