

European Athletics Championships
 Barcelona/ESP 27 July - 1 August 2010
 Entry Standards (final)



Men	Event	Women
10.45	100m	11.50
21.00	200m	23.50
46.75	400m	53.00
1:48.20	800m	2:02.50
3:42.00	1500m	4:13.00
13:50.00	5000m	15:50.00
29:00.00	10000m	33:20.00
8:38.00	3000m Steeple	9:55.00
13.85	110m / 100m Hurdles	13.35
50.90	400m Hurdles	57.80
2.25	High Jump	1.89
5.50	Pole Vault	4.30
7.90	Long Jump	6.55
16.50	Triple Jump	13.75
19.80	Shot Put	16.25
62.50	Discus Throw	56.00
74.00	Hammer Throw	68.00
78.50	Javelin Throw	57.50
7725	Decathlon / Heptathlon	5900
NES	Marathon	NES
1:25:30	Walk 20km	1:35:00
4:03:00	Walk 50km	---
NES	4x100m	NES
NES	4x400m	NES

NES = No entry standard

Entries

Individual Entries (103.6): Each European Athletics Member Federation may enter up to 5 (five) 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 108.1.3).

Alternatively to 103.6, 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 (103.8): 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 Junior Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Marathon Cups (102.3): The European Marathon Cups are competitions for national men's and women's teams and are incorporated in the marathon events of the European Athletics Championships. Each Member Federation may take part with one men's and one women's team. Teams entered must participate with minimum of 3 (three) and maximum of 6 (six) runners.

Conditions:

- Performances must be achieved between the 1 January 2009 and **18 July 2010**;
- 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 events (between male and female participants), held completely in the stadium, and shall be only accepted in the conditions set in IAAF Rule 147. However entry standards achieved in these events shall only be accepted upon presentation of the reasons to stage such mixed events and previous agreement by European Athletics on the acceptance of these performances as entry standards;
- Wind assisted performances in the relevant individual events and combined events will not be accepted (the conditions set in IAAF Rules 260.22 (d) and 260.27 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

January 2009