

European Athletics U23 Championships  
Kaunas/LTU 16-19 July 2009  
**Entry Standards**



Men	Event	Women
10.60	100m	11.85
21.40	200m	24.30
47.40	400m	55.00
1:49.20	800m	2:08.00
3:45.00	1500m	4:25.00
14:12.50	5000m	16:50.00
30:15.00	10000m	36:30.00
8:55.00	3000m Steeple	10:30.00
14.30	110m / 100m H	14.00
52.20	400m H	60.50
2.18	High Jump	1.80
5.25	Pole Vault	3.85
7.65	Long Jump	6.10
15.80	Triple Jump	13.00
17.60	Shot Put	15.00
55.00	Discus Throw	50.00
65.00	Hammer Throw	60.00
70.00	Javelin Throw	50.00
7400	Decathlon / Heptathlon	5500
1:28.00	Walk 20km	1:45:00
NES	4x100m & 4x400m	NES

NES = No entry standard

### Entries

Individual participation:

Each EAA 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 each EAA Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event (see regulation 408.1.3).

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Relay teams:

Each EAA 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.

**Conditions:**

- Performances must be achieved between the 1<sup>st</sup> January 2008 and **6<sup>th</sup> July 2009**;
- 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;

April 2008