

EUROPEAN CUP 10 000 m Ribeira Brava/POR, 6 June 2009

Entry Standards

Event	Men	Women
5 000m	14:00.40	16:19.33
10 000m	29:39.41	34:47.44
3 000m steeple	8:47.86	10:25.68
Half Marathon	1:05:15	1:15:32
Marathon	2:17:30	2:37:57

Team entries (men and women):

Each Member Federation may enter 1 (one) men's team and 1 (one) women's team, of a maximum of 6 (six) runners each of whom 3 (three) will score.

All team members must meet the qualification standards.

Qualification standards:

- The time which is equal to the hundredth best in the European Best Lists of 5000 m, 10 000 m, 3000 m Steeplechase, Half Marathon and Marathon of the year 3 (three) years preceding the event, achieved between the 1st of January 2 (two) years preceding the year of the competition and the closing date for the final entries.
- Runners having finished in the first 50 (fifty) in any of the last 3 (three) IAAF World Cross Country Championships, or in the first 20 (twenty) in the Senior Events of the European Cross Country Championships held in the year preceding the European Cup 10 000 m, or in the first 10 (ten) in the Under 23 Events of the European Cross Country Championships held in the year preceding the European Cup 10 000 m.

Individual Entries

Only Member Federations which have no athletes with entry standards may enter 1 (one) athlete in each event, even if he/she has not fulfilled the entry standards, provided that such Member Federation has participated in the preceding year's European Cup.