



Alexander Stadium Entry Standards 2025

MEN	EVENT	WOMEN
10.60	100m	12.05
21.25	200m	24.20
47.50	400m	54.40
1:49.00	800m	2:07.00
3:44.00	1500m	4:22.00
13.50.00 (7:55.00 for 3000m)	5000m	15:55.00 (8:55.00 for 3000m)
9:00.00	3000m SC	10:30.00
14:80	110mH/100mH	14.00
53.70	400mH	62.50
2.11	High Jump	1.80
5.00	Pole Vault	4.05
7.60	Long Jump	6.30
15.30	Triple Jump	12.65
16.30	Shot Put	16.30
55.00	Discus	48.50
66.90	Hammer	59.50
68.00	Javelin	47.00
By Invitation	5000m Walk	By Invitation
By Invitation	Para Events	By Invitation

Standards to be achieved **from April 1, 2024 until Sunday 20 July 2025.**

UK Combined Events Championships being held within the England U20 and Senior Combined Events Championships at Alexander Stadium 25-27 July 2025 please click [HERE](#) for further information