

## Alexander Stadium, Birmingham

### Entry Standards 2026

| MEN                             | EVENT              | WOMEN                           |
|---------------------------------|--------------------|---------------------------------|
| 10.70                           | <b>100m</b>        | 12.05                           |
| 21.25                           | <b>200m</b>        | 24.20                           |
| 47.50                           | <b>400m</b>        | 54.50                           |
| 1:46                            | <b>800m*</b>       | 2:02                            |
| 3:38.00                         | <b>1500m*</b>      | 4:10.50                         |
| 13.50.00<br>(7:55.00 for 3000m) | <b>5000m</b>       | 15:55.00<br>(8:55.00 for 3000m) |
| 9:00.00                         | <b>3000m SC</b>    | 10:40.00                        |
| 14:80                           | <b>110mH/100mH</b> | 14.00                           |
| 53.70                           | <b>400mH</b>       | 62.50                           |
| 2.10                            | <b>High Jump</b>   | 1.80                            |
| 5.00                            | <b>Pole Vault</b>  | 4.00                            |
| 7.60                            | <b>Long Jump</b>   | 6.30                            |
| 15.30                           | <b>Triple Jump</b> | 12.75                           |
| 16.30                           | <b>Shot Put</b>    | 15.10                           |
| 54.00                           | <b>Discus</b>      | 47.50                           |
| 65.00                           | <b>Hammer</b>      | 59.50                           |
| 68.00                           | <b>Javelin</b>     | 47.00                           |
| By Invitation                   | <b>5000m Walk</b>  | By Invitation                   |
| By Invitation                   | <b>Para Events</b> | By Invitation                   |

Standards to be achieved **from April 1, 2025 until 23:59 (BST) Sunday 7 June 2026.**

**UK Combined Events Championships** being held within the England U20 and Senior Combined Events Championships at Alexander Stadium 3 July 2026 please click [HERE](#) for further information.

**\*What is the qualification process for the 800m & 1500m?**

This year's 800m & 1500m races will have a maximum quota of 36. Athletes who have run the stated Auto standard or faster within the stated qualifying window will receive an automatic invite.

Remaining athletes outside the Auto standard but inside the minimum standard will be invited according to their ranking position based on their best time in eligible competitions between the stated qualifying window to fill the maximum quota stated.

If an automatic qualifier declines their invite their place will be rolled down to the next athlete in the rankings as per **23:59 (BST) Sunday 7 June 2026**

| <b>EVENT</b> | <b>AUTO</b> | <b>MINIMUM</b> |
|--------------|-------------|----------------|
| 800m Women   | 2:01.00     | 2:08.00        |
| 800m Men     | 1:46.00     | 1:49.00        |

| <b>EVENT</b> | <b>AUTO</b> | <b>MINIMUM</b> |
|--------------|-------------|----------------|
| 1500m Women  | 4:10.50     | 4:22.00        |
| 1500m Men    | 3:38.00     | 3:45.00        |

Same approach for men's and women's fields