

Alexander Stadium, Birmingham

Entry Standards 2026

MEN	EVENT	WOMEN
10.70	100m	12.05
21.25	200m	24.20
47.50	400m	54.50
1:46	800m*	2:02
3:38.00	1500m*	4:10.50
13.50.00 (7:55.00 for 3000m)	5000m	15:55.00 (8:55.00 for 3000m)
9:00.00	3000m SC	10:40.00
14:80	110mH/100mH	14.00
53.70	400mH	62.50
2.10	High Jump	1.80
5.00	Pole Vault	4.00
7.60	Long Jump	6.30
15.30	Triple Jump	12.75
16.30	Shot Put	15.10
54.00	Discus	47.50
65.00	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, 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.