# European Athletics U20 Championships 2025*
# Tampere/FIN, 07-10 August 2025

(as of October 2024)

## Entry Standards

| Athletes | Rounds | Men | Event | Women |
|---|---|---|---|---|
| 32 | 3 | 10.62 | **100m** | 11.80 |
| 32 | 3 | 21.55 | **200m** | 24.40 |
| 32 | 3 | 48.15 | **400m** | 55.50 |
| 24 | 2 | 1:50.00 | **800m** | 2:07.80 |
| 24 | 2 | 3:47.50 | **1500m** | 4:24.00 |
| 24 | 2 | 8:17.00 | **3000m** | 9:48.00 |
| 25 | 1 | 14:26.00 | **5000m** | 17:05.00 |
| 32 | 3 | 14.12 | **100/110m Hurdles** | 13.92 |
| 32 | 3 | 53.25 | **400m Hurdles** | 1:01.00 |
| 24 | 2 | 9:15.00 | **3000m SC** | 10:50.00 |
| 25 | 1 | 45:30.00 | **10,000m Walk** | 51:00.00 |
| 16 | 2 | NES | **4x100m** | NES |
| 16 | 2 | NES | **4x400m** | NES |
| 24 | 2 | 2.11 | **High Jump** | 1.80 |
| 24 | 2 | 5.12 | **Pole Vault** | 4.00 |
| 24 | 2 | 7.40 | **Long Jump** | 6.20 |
| 24 | 2 | 15.05 | **Triple Jump** | 12.85 |
| 24 | 2 | 17.80 | **Shot Put** | 14.10 |
| 24 | 2 | 54.50 | **Discus** | 47.50 |
| 24 | 2 | 68.00 | **Hammer** | 57.50 |
| 24 | 2 | 66.00 | **Javelin** | 48.50 |
| 20 | | 7200 | **Heptathlon/Decathlon** | 5350 |

*The Qualification System is to confirm athletes being qualified, but it is up to each European Athletics Member Federation to enter athletes in the European Athletics U20 Championships in accordance with the World Athletics Rules on eligibility and internal selection procedures.

## Entry Rules

Individual participation (503.5): Each European Athletics 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 508.1.3).

Alternatively to 503.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event and if the Member Federation does not have qualified athletes in that event.
However, **the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.**

If the host country of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. **The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.**

Relay teams (503.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics rules;

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

**Conditions for validity of performances:**

- Performances must be achieved between the **1 January 2024** and **27 July 2025**;
- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations, or its National Federations, and conducted in conformity with World Athletics Rules. European Athletics reserves the right to establish additional criteria for the acceptance of the results for the purpose of the entry standards, with the aim to preserve the integrity of the sport;
- In regard to the Member Federations, who are on the latest Competition Manipulation Watch List, the consequences, as defined by the World Athletics (please, refer to WA Circular Letter M/49/22), are valid also for the purpose of qualifying to any European Athletics event, including the European Athletics U20 Championships.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule TR 9, performances achieved in events of 5000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted;

- Wind assisted performances (over 2m/sec) will not be accepted; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
    - the velocity in any individual event shall not exceed plus 4 metres per second;
    - the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Short-Track performances will be accepted;
- Hand-timed performances for events up to and including 800m and 4x100m Relay will not be accepted;
- For Race Walks, results of races conducted on the road will be accepted.
- For the running events of 200m and over, performances achieved on over-sized indoor tracks will be accepted. Subject to that an oval track length is greater than 201.2m (220 yards) but no greater than 400m; and the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

**Non-sporting eligibility criteria "I run clean"**

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.