



SELECTION POLICY

2025 EUROPEAN ATHLETICS U23 CHAMPIONSHIPS: 17-20 JULY, BERGEN, NORWAY

GENERAL INFORMATION

This policy should be read in conjunction with the [Selection Panels Terms of Reference](#).

PERFORMANCE PERIODS		
Date	Event	Notes
1 November 2024 to 5 July 2025	Qualifying Period all events.	
IMPORTANT DATES		
1 March 2025	Deadline for National Team Declaration Form	Online Form
5 July 2025	National U23 Championships	
27 June 2025	Dispensation Request Deadline	Online Form
6 July 2025	Final selections all events	Names published after selection date on AAI website

1. CONDITIONS:

- 1.1** 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. Moreover, only results included to the [World Athletics Global Calendar](#) will be considered as valid performance.
- 1.2** Performances achieved in mixed events held completely in the stadium, shall not be accepted as entry standards, except for race walking events.
- 1.3** Wind assisted performances (over 2m/sec) will not be accepted.
- 1.4** Short track performances will be accepted.
- 1.5** Hand-timed performances for events up to and including 800m and 4x100m will not be accepted.
- 1.6** For Race Walks, results of races conducted on the road will be accepted.
- 1.7** 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.

2. ENTRY RULES:

- 2.1** Athletics Ireland 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
- 2.2** Athletics Ireland 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 U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.
- 2.3** Only athletes aged at least 20 (twenty) and not more than 22 (twenty) years on 31 December of the year of the competition may participate in the European Athletics U23 Championships.
- 2.4** Athletics Ireland may enter only those athletes who hold a valid certification for having completed the European Athletics Anti-Doping Education Programme – [I Run Clean](#). This Certification needs to be updated every 2 years.

3. SELECTION PHILOSOPHY:

3.1 To achieve our High Performance vision of “more athletes winning on the world stage” Athletics Ireland has set the selection criteria and philosophy for the 2025 European Athletics U23 Championships, where a relay team selected to compete will have the potential to achieve a **podium or top 8 finish**, while an Individual selected to compete will have the potential to achieve a **podium, top 8, or top 16 finish**.

4. SELECTION PROCESS:

Participation Criteria

4.1 Nothing in this Policy obliges Athletics Ireland to select a full contingent of three (3) in any particular event regardless of the Entry Rules or the Performance Standards. Athletics Ireland will select its Team according to the criteria set out in this Policy as allowed by Entry Rules. **Achieving a Performance Standard(s) gives no right or guarantee of selection.**

Eligibility

4.2 In order to be eligible for selection all athletes must:

- 4.2.1** Fill out a [National Team Declaration Form](#) (NTDF) on High Performance section of Athletics Ireland website before 1 March 2025.
- 4.2.2** Compete in Athletics Ireland 2025 Outdoor National U23 Championships on 5 July 2025 unless dispensation has been requested and granted.
- 4.2.3** Satisfy all World Athletics, eligibility, nationality and European championship participation rules.
- 4.2.4** Be a registered member of Athletics Ireland.
- 4.2.5** Remain in “good standing” with Athletics Ireland and at all times comply with any established code of conduct or athlete agreement and otherwise conduct themselves in a way that does not bring their sport or the National Team into disrepute.
- 4.2.6** Hold a valid certification for having completed the [European Athletics Anti-Doping Education Programme – I Run Clean](#).

Performance Standards

4.3 Athletics Ireland has set its own Performance Standards for the purposes of this Selection Policy. Athletics Ireland’s Performance Standards for each of the events to be conducted at the 2025 European Athletics U23 Championships are set out in clause 6.

Qualification Period

4.4 Athletics Ireland has set the Qualification Period in which the Performance Standards must be achieved. Selection will be based on performances (except for events listed in clause 4.9) during the Qualification Period of 1 November 2024 to 5 July 2025.

General Selection Criteria

4.5 The Selection Panel has “sole and overriding discretion” to select the team members that meet with the eligibility and entry rules of the 2025 European Athletics U23 Championships. This includes selections for relay teams, individuals and for instances when there are more than 3 athletes beyond the entry limit.

4.5.1 The Selection Panel may use their sole and overriding discretion to consider any factor or combination of factors that, in their opinion, are relevant to the selection of an athlete, including, but not necessarily limited to the following general principles:

- A. Consistency and Repeatability** of performances (in all or any events) during the qualification period, achieving the performance standard and showing current form and fitness.
- B. Statistical data** (ranking/performance list, performance-time curves, altitude/wind adjustments)
- C. Championship performance history**, in particular the history of the athlete’s on-demand performances at major championships
- D.** The competitive **head to head record** of each athlete
- E. Injury and illness** history

4.6 Where there are more athletes that have achieved the selection criteria in this policy beyond the maximum entry limit in any one event, the Selectors will have sole and overriding discretion to decide which of the athlete(s) is to be selected.

Individual Selection Criteria

4.7 Any eligible athlete who has achieved one (1) A or two (2) B Performance Standards in a given event during the qualification period may **be considered for selection** to the 2025 European Athletics U20 Championships.

4.8 In the 3000mSC, 5000m, 10,000m and 10,000m RW, given the demands of the respective events and limited qualifying opportunities, athletes will be considered for selection who have achieved one (1) B Standard during the qualification period plus one (1) Equivalent Standard (see clause 6.2) in a similar event during the qualification period.

4.9 In the Combined Events athletes may be considered for selection having achieved one Performance Standard (1) only during the qualification period.

4.10 An athlete that has been selected for the 2025 European Athletics U23 Championships in an individual event with two (2) B standards or one (1) A Standard who has also achieved one (1) B Standard in another event may be considered for selection for the championship for both events and may compete in either or both events if selected (the Selectors will confirm the selection of one/both events).

4.11 Athletes seeking selection in either individual or relay event for the 2025 European Athletics U23 Championships **MUST** compete in their event or an agreed event (with Team Management) at the Athletics Ireland 2025 Outdoor National U23 Championships (for example a 1500m athlete may choose to run the 800m). **Dispensation request from not competing will ONLY be granted for medical reasons and/or exceptional circumstances.**

4.11.1 Dispensations requests must be received no later than 25 June 2025. In the case of genuine illness or injury, all medical claims will be verified by AAI's medical team.

4.11.2 Dispensation approval will be at the sole discretion of the Selectors and will only be granted in exceptional circumstances.

Relay Teams

4.12 Athletics Ireland will consider selection of "Relay Team(s)" for the Championships if any of the following conditions are met:

4.12.1 A relay team achieves the performance standard for that event within the Qualification Period, and the championships timetable is such that those athletes are available to compete in that relay event at the championship, and those athletes have declared their availability to compete in the relay at the championship in advance of selections.

4.12.2 If there are three (3) or more athletes from that relay panel included in individual selections, and the championships timetable is such that those athletes are available to compete in that relay event at the championship, and those athletes have declared their availability to compete in the relay at the championship in advance of selections.

4.12.3 If at closing of final entries, the aggregate individual performances of the top 4 athletes in 100m (for 4x100m relay) or 400m (for 4x400m relay) on the 2025 European U23 Outdoor Performance List would rank such a team in the Top 8 in Europe when compared with the same benchmark for other nations, and the championships timetable is such that those athletes are available to compete in the relay at the championship, and those athletes have declared their availability to compete in the relay at the championship in advance of selections.

4.13 The Selection Panel may use their sole and overriding discretion to consider any factor or combination of factors that, in their opinion, are relevant to the selection of an athlete to the relay panel, including, but not necessarily limited to the following general principles:

A. Consistency and Repeatability of performances (in relevant events) during the qualification period, and showing current form and fitness

B. Statistical data (ranking/performance list, performance-time curves, altitude/wind adjustments)

C. Championship performance history, particularly the history of the athlete's on-demand performances at major championships

D. The competitive head-to-head record of each athlete

E. Injury and illness history

F. Previous/current relay experience (proven ability to pass and receive batons, championship experience, head to heads).

G. Relay splits taken from prior championship or non-championships events may be considered.

H. Commitment to relay programme and relay panel initiatives.

4.14 Final Relay Team Selections

The "Strike Four" athletes for any Relay Team(s) that run at the championships will be **selected by the appointed Relay Coach (who will have sole discretion)** and confirmed by Team Management before relay declaration are entered. For selection purposes there are "No Appeals" against the final running order or to the selection of the "Strike Four" athletes.

After Selection

4.15 For the purposes of clarity, it is the intended operation of this Policy that **all selections in the Team remain conditional** up and through the championships given the athlete shows form and fitness.

4.15.1 Form and fitness is proven by the athlete achieving a performance/result prior to the championships that is close/better than the published Performance Standards set in (clause 6).

4.15.2 Failure by a selected athlete to show form and fitness prior to the championships will, at the discretion of the Selectors, High Performance Director and/or Team Manager result in an athlete who has been initially selected to the team being withdrawn.

4.16 An athlete who enters the Athletics Ireland Team Camp and/or the 2025 European Athletics U23 Championship village will be subject to an injury evaluation/assessment by the championship Team Management staff. The injury evaluation/assessment will be carried out by Athletics Ireland's Physio (or appointed Team Physio).

4.16.1 If as a result of such injury evaluation/assessment the Team Physio, Team Management staff, and Team Leader/Manager considers an athlete does not have the standard of fitness or is otherwise not in condition to compete due to injury at a level appropriate to the event(s) for which they have been selected, the Team Leader/Manager will have the sole discretion to withdraw the athlete from the competition.

4.17 An athlete who is found to have breached any Athletics Ireland, World Athletics, EAA, LOC or other relevant code of conduct may be withdrawn from the competition at the sole discretion of the Team Leader/Manager.

Selection Queries

4.18 Athletes can seek clarification regarding selection policy from the [Athletics Ireland Performance Pathway Manager](#)

Non-Selection Appeals Process

4.19 The publishing of selected athletes (Selection Announcement) on Athletics Ireland website after a selection meeting will be **deemed the commencement of the 24 hour period to lodge non-Selection Appeals** in accordance with this Selection Policy.

4.20 Any athlete who is not selected in accordance with this Selection Policy may appeal their non-selection to Athletics Ireland providing they:

4.20.1 Have submitted an NTDF in accordance with timelines contained in this Selection Policy and;

4.20.2 Submit a notice of their intention to appeal their non-selection via online [Notice of Appeals Form](#) within 24 hours of the selection decision published on the Athletics Ireland website (i.e. the Selection Announcement). The Notice of Appeal Form is submitted to the Chair of the Appeals Panel and the CEO of Athletics Ireland.

4.21 The [Selection Appeals Procedure](#) can be found on the HP section of Athletics Ireland website.

4.22 The Grounds upon which a Selection decision may be appealed are limited to the following:

4.22.1 There has been an alleged failure by Selection Panel to follow or apply the relevant Selection Procedure and/or criteria set out in the Selection Policy, and/or

4.22.2 The decision for selection for the championship has been reached based on an error of fact.

Selectors Meetings

4.23 The Selection Panel members and the [Selection Panels Terms of Reference](#) can be found here.

4.24 Selectors meetings will be held to select athletes as follows: Final selections all events will be on **6 July 2025**.

5. GENERAL INFORMATION:

5.1 The criteria may be amended at any time by the Directors of Athletics Ireland, if Athletics Ireland is of the opinion that such amendment is necessary in the best interests of Athletics Ireland or as a result of any change in participation rules and/or guidelines. Any amendment to the criteria will be published on the Athletics Ireland High Performance website.

Funding

5.2 Athletes may be asked to make a financial contribution to supporting the costs of competing at this championship. Meet Information

5.2 The number of accreditations authorised per team is limited overall to the number of participating athletes. Team Support Staff will be accredited on this basis and informed after the team selections.

6. ATHLETICS IRELAND - PERFORMANCE STANDARDS:

A STANDARDS	B STANDARDS	EVENTS	A STANDARDS	B STANDARDS
10.30	10.45	100m	11.40	11.60
20.80	21.10	200m	23.30	23.70
46.05	46.75	400m	52.75	53.75
1:46.20	1:47.75	800m	02:03.00	2:05.00
3:38.00	3:41.50	1500m	04:14.00	4:18.00
13:48.00	13:56.00	5000m	15:55.00	16:20.00
29:15.00	29:40.00	10,000m	34:05.00	34:40.00
41:15.00	43:15.00	10,000m Walk	46:45.00	49:25.00
13.75	14.20	110mH/100mH	13.20	13.60
50.60	51.75	400mH	57.75	59.00
8:44.00	8:53.00	3000m SC	10:05.00	10:15.00
2.18	2.13m	High Jump	1.85	1.81m
5.50	5.25m	Pole Vault	4.30	4.10m
7.80	7.60m	Long Jump	6.45	6.35m
15.90	15.55m	Triple Jump	13.55	13.10m
18.40	17.65m	Shot	15.80	14.60m
58.00	55.50m	Discus	54.50	51.30m
71.00	66.00m	Hammer	65.50	61.00m
75.00	72.00m	Javelin	56.00	51.50m
7450		Combined Events	5650	
40.50 ¹		4x100m Relay	45.20 ¹	
3:10.00 ¹		4x400m Relay	3:40.00 ¹	

¹For relays see also Section 4.12 above**6.2 ATHLETICS IRELAND – EQUIVALENT STANDARDS (see clause 4.8):**

Men (Equivalent standards)	EVENTS (B standard)	Women (Equivalent standards)
8:00.00 (3000m)	5000m	9:30.00 (3000m)
14:10.00 (5000m)	10,000m	16:35.00 (5000m)
20:40.00 (5000m W)/ 1:29.30 (20km W)	10,000m Walk	24:00.00 (5000m W) / 1:42:00 (20km W)
8:15.00 (3000m)	3000m SC	9:40.00 (3000m)