



SELECTION POLICY

2026 EUROPEAN 10,000m CUP: 23 MAY, LA SPEZIA, ITALY

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

QUALIFYING PERIODS		
Date	Event	Notes
1 January 2025 to 3 May 2026	10,000m	
IMPORTANT DATES/CHECKLIST		
1 April 2026	National Team Declaration Form	Online Form
4 May 2026	Final Selections	Names published after selection date on AAI website

1. CONDITIONS

1.1 Performances must be achieved in a competition conducted according to World Athletics Competition and Technical Rules, or authorized by World Athletics, its Area Associations or its National Member Federations, and published on the [World Athletics Global Calendar](#).

1.2 Performances achieved in mixed (male & female athletes) competitions in track events will not be accepted.

2. ENTRY RULES

2.1 Team entries (men and women): Each European Athletics Member Federation may enter 1 (one) team comprising a maximum of 6 (six) athletes (of whom 3 (three) will score) in each event provided that each athlete has achieved the relevant qualifying standard. In case a Member Federation participates with two athletes who have achieved the entry standard a third athlete may be allowed to take part without having achieved an entry standard in order to complete a scoring team of 3 (three).

2.2 Individual Entries: Each European Athletics Member Federation not entering a team in an event may enter athletes to participate as individuals provided that each athlete has achieved the relevant entry standard.

3. SELECTION PHILOSOPHY

3.1 Athletics Ireland views the 2026 European 10,000m Cup as a Performance Development event which can provide our leading distance athletes with an opportunity to pursue qualification for major championships, and as an opportunity to foster greater depth in the distance events in support of enhanced team performances at the European Cross Country Championships. Therefore, Athletics Ireland has set the selection criteria and philosophy for the 2026 European 10,000m Cup, where **a team selected to compete will have the potential to obtain a top 6 finish and individuals will have the potential to obtain a top 24 finish**.

4. SELECTION PROCESS

Participation Criteria

4.1 Nothing in this Policy obliges Athletics Ireland to select a team or individual(s) in any 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 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 Athletics Ireland High Performance website before 1 April 2026.
- 4.2.2** Satisfy all World Athletics eligibility, nationality and European championship participation rules.
- 4.2.3** Be a registered member of Athletics Ireland.

4.2.4 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.

4.2.5 Complete the European Athletics anti-doping education programme at www.irunclean.org.

4.2.6 Hold a current valid Irish passport.

Performance Standards

4.3 Athletics Ireland’s Performance Standards for the 2026 European 10,000m Cup set out in clause 6. Qualifying performances will be accepted from the 5000m, 10,000m and 10km Road.

Qualification Period

4.4 Athletics Ireland has set the Qualification Periods for this event from 1 January 2025 to 3 May 2026.

General Selection Criteria

4.5 The Selection Panel may “exercise their sole discretion” to select a team or individual(s) that meets with the eligibility and entry rules of the 2026 European 10,000m Cup and as stipulated in this Selection Policy.

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, course ratings, 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, the Selectors will have sole discretion to decide which of the athlete(s) is to be selected.

Individual and Team Selection Criteria

4.7 For an athlete **to be considered for selection** to the 2026 European 10,000m Cup an athlete must achieve a Performance Standard (see clause 6) within the Qualification Period (see clause 4.4).

4.7.1. If an athlete has achieved a Performance Standard in 2025 only, they will be expected to show form and fitness in the 2026 season by achieving a result(s) in a relevant event close to the listed Performance Standards (see clause 6).

4.7.2 Where two (2) athletes have been selected in any category (M/F) having achieved the qualification standard, selectors reserve the right to select a third athlete who has not achieved the standard in order to complete a scoring team. When doing so Selectors will consider General Selection Criteria as outlined in clause 4.5.1 and will prioritise athletes pursuing qualification standards for upcoming 2026 and 2027 championships.

4.8 Athletes wishing to be considered for selection should discuss this with [Athletics Ireland Performance Endurance Lead](#) and should identify how their participation at this event supports their performance plan and goals and is consistent with Athletics Ireland’s selection philosophy (See clause 3).

After Selection

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

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

4.10 An athlete who enters the Athletics Ireland Team Camp and/or the 2026 European 10,000m Cup ‘village’ may 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).

4.10.1 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.

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

Selection Queries

4.12 Athletes can seek clarification regarding selection policy from the [Athletics Ireland Performance Director](#).

Non-Selection Appeals Process

4.13 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 accord with this Selection Policy.

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

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

B. 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

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

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

4.16.1 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

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

Selectors Meetings

4.17 The Selectors meetings will be held on 4 May 2026.

5. GENERAL INFORMATION

5.1 This policy and criteria may be amended at any time by 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 policy and criteria will be published on the Athletics Ireland High Performance website.

6. PERFORMANCE STANDARDS:

Men	Event	Women
29:01.81 (29:01 10km) / 13:41.31 5000m	10,000m	33:48.00 (33:48 10km) / 15:51.06 5000m