



SELECTION POLICY

EUROPEAN ATHLETICS CHAMPIONSHIPS: 10-16 AUGUST 2026, BIRMINGHAM

This policy was updated on 2 June 2026 to address participation at Athletics Ireland National Championships, and the automatic selection of National Champions.

QUALIFYING PERIODS		
Date	Event	Notes
27 January 2025 to 26 July 2026	10,000m, Marathon, Half Marathon Race Walk, Marathon Race Walk, and Combined Events	
1 January 2025 to 26 July 2026	Relays	
27 July 2025 to 26 July 2026	All other events	
IMPORTANT DATES/CHECKLIST		
1 April 2026	National Team Declaration Form	Online Form
25 & 26 July 2026	National Championships	
1 July 2026	Dispensation Request	Online Form
27 July 2026	Final Road to Birmingham list	
27 July 2026	Final selection all events	Names published after selection date on Athletics Ireland website. All selections for athletes qualifying via World Rank will be provisional pending confirmation by EA of qualification status.
27 July 2026 at 14:00 CEST	Deadline to declare relay teams participation to EA	
29 July 2026 at 14:00 CEST	Deadline for Federations to pre-enter athletes who have been selected, pending confirmation of qualification	
30 July 2026	EA Publish the final list of athletes eligible for entry	Only athletes on this list can be entered.
31 July 2026 at 14:00 CEST	Final Entry Deadline	

1. CONDITIONS

1.1 All qualifying performances must be achieved in a competition conducted according to World Athletics Competition, its Area Associations or its National Member Federations and conducted in conformity with World Athletics Rules and for which an application has been submitted to World Athletics (WA). No results will be considered from competitions not submitted to WA and not included into [World Athletics Global Calendar](#).

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

1.3 Performances which are wind assisted or for which a wind reading is not available, will not be accepted for Entry Standards purposes (but will be valid for the World Rankings with the appropriate adjustments).

1.4 Indoor performances for all field events and for races of 200m and longer will be accepted

1.5 Hand-timed performances in 100m, 200m, 400m, 800m, 110m/100m Hurdles, 400m Hurdles and 4x100m relay shall not be accepted.

1.6 For 10,000m, results of 10km races conducted on the road will be accepted. Please note, performances achieved by women in mixed competitions in road events will not be accepted.

1.7 For 5000m, results of 5km races conducted on the road will be accepted. Please note, performances achieved by women in mixed competitions in road events will not be accepted.

1.8 For Marathons

- Performances for qualifying purposes may only be achieved on a course measured by a World Athletics/AIMS Grade “A” or “B” international Road Race Course Measurer with the measurement certificate established no more than five years before the date of the race.
- For entry standards the overall decrease in elevation between the start and the finish will not exceed 1:1000, i.e. 1m per km.
- For World Rankings in case of performances achieved on courses with a drop in elevation which exceeds 1:1000, a correction will be made in the result score from which points will be deducted depending on the drop.

1.9 For the Race Walks

- Road performances (20km, 35km) will be accepted.
- Track performances (20,000m, 35,000m) will be accepted.
- Performances for qualifying purposes may only be achieved on a course measured by a World Athletics/AIMS Grade “A” or “B” international Road Race Course Measurer with the measurement certificate established no more than five years before the date of the race.
- A minimum of 3 International or Area Race Walking Judges must be on duty.

1.10 For the combined events, at least one of these conditions must be met:

- the wind velocity in any individual event will not exceed plus 4 m/s;
- 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) will not exceed plus 2 m/s

2. ENTRY RULES

2.1 Age categories:

2.1.1 No athlete younger than 16 years of age on 31 December 2026 (born in 2011 or later) may be entered.

2.1.2 Athletes aged 16 or 17 years on 31 December 2026 (born in 2009 or 2010), may compete in any event except Shot Put (men), Hammer Throw (men), Marathon, Half Marathon Race Walk and Marathon Race Walk.

2.1.3 Athletes aged 18 or 19 years on 31 December 2026 (born in 2007 or 2008), may compete in any event except Marathon, Half Marathon Race Walk and Marathon Race Walk

2.2 Each Federation is entitled to enter up to five (5) competitors in each individual event of whom up to 3 (three) may participate.

2.3 Individual athletes can qualify in one of four ways:

2.3.1 By achieving the ‘A’ Standard within the qualification period.

2.3.2 In the 10,000m, by virtue of having achieved a top three finish (men & women) of the two editions of the European Cup 10,000m preceding the European Athletics Championships (2025 and 2026)

2.3.3 By Wild Card as Defending European Champion

2.3.4 By virtue of the World Rankings Position achieved at the end of the qualification period according to the respective Event Ranking Rules (and ranking periods). In case of ties, athletes with the next best Performance Score will prevail. **Please note, Athletics Ireland requires athletes qualifying by virtue of World Rank to also have achieved a B standard as detailed in Clause 4.7.4 of this policy.**

2.4 Marathon Events:

2.4.1 Marathon events are both individual and team competitions (for national men's and women's teams).

2.4.2 Each Member Federation may take part with one men's and one women's team. Teams entered must participate with minimum of 3 (three) and maximum of 6 (six) runners, with the first three (3) athletes scoring.

2.4.3 In case a Member Federation participates with two athletes who have achieved the entry standard or are qualified via the World Rankings, other athletes (to reach a total of 3 to 6 athletes entered) may be allowed to take part without entry standard to complete a team. These additional athletes should not be counted in the quota of 60 target athletes, and would be entered, as unqualified athletes over the quota. **In such cases, athletes will be required to have achieved Athletics Ireland's B standard for the Marathon.**

2.5 Relay events:

2.5.1 Only 16 national teams (8 teams in case of 4x400m Mixed Relay and 4x100m Mixed Relay) will be qualified to compete in each relay event.

2.5.2 The qualification procedure will be based on the aggregate of the two fastest times achieved by national teams in the qualification period. For being ranked, the results of relay races shall be valid only on condition that they are part of a competition staged in compliance with World Athletics Rules (and included into WA Global Calendar) and that at least 2 international teams, representing at least 2 countries compete in the race.

2.6 I Run Clean:

2.6.1 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.

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 2026 European Athletics Championships, where a relay team or Individual(s) selected to compete will have the potential to **obtain a top 8 (relay) or top 16 finish (individual)**.

4. SELECTION PROCESS

Participation Criteria

4.1 Nothing in this Policy obliges Athletics Ireland to select a full contingent of three (3) 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 High Performance section of Athletics Ireland website before 1 April 2026.
- 4.2.2** Must compete in Athletics Ireland 2026 Outdoor National Championships.
- 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** Have received certification for having completed the European Athletics Anti-Doping Education Programme – [I Run Clean](#).
- 4.2.7** Hold a current valid Irish passport.

Performance Standards

4.3 Athletics Ireland’s Performance Standards for each of the events to be conducted at the 2026 European Athletics Championships are set out in clause 6.

Qualification Period

4.4 Athletics Ireland has aligned the Qualification Periods with those set by European Athletics. Selection will be based on performances during the Qualification Periods of:

- 4.4.1** 27 January 2025 to 26 July 2026 for the 10,000m, Marathon, Half Marathon Race Walk and Marathon Race Walk, and Combined Events
- 4.4.2** 1 January 2025 to 26 July 2026 for the relays
- 4.4.3** 27 July 2025 to 26 July 2026 for all other events.

General Selection Criteria

4.5 The Selection Panel may “exercise their sole discretion” to select an athlete(s) or relay team that meets with the eligibility and entry rules of the 2026 European Championships 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**, 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

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 discretion to decide which of the athlete(s) is to be selected.

4.6.1 When considering athletes for selection, Selectors will first consider athletes who have achieved an A standard in any given event.

4.6.2 Having considered athletes for Selection who have achieved an A standard, and where fewer than three (3) athletes, have been selected having achieved an A standard, Selectors will then consider athletes for selection who have achieved a B standard.

Individual Selection Criteria

4.7 For an individual athlete **to be considered for selection** for the 2026 European Athletics Championships an athlete must fulfil at least one of the following conditions:

4.7.1 have achieved an A standard (see clause 6) during the qualification period

4.7.2 have achieved a finishing position at designated competitions as detailed in clause 2.3.2

4.7.3 have achieved a Wild Card as detailed in clause 2.3.3

4.7.4 have achieved a B standard (see clause 6) during the qualification period **PLUS** be eligible for entry via individual Athletes Ranking Process as detailed in clause 2.3.4.

4.7.5 have been selected as a member of a relay team or in an individual event and be eligible for selection in another event via individual athlete ranking process. In such cases athletes may be considered for selection in individual events without having achieved a 'B' standard.

4.7.6 In the Men's and Women's Marathon, which includes the European Marathon Team Cup, having considered athletes for selection who have achieved an A standard during the qualification period (clause 4.7.1), and having considered additional athletes, who have achieved a 'B' standard and are eligible for Selection under European Athletics entry rules (clause 4.7.4), and where at least two (2) athletes have been selected, further athlete(s), to a maximum of six (6) in total may be considered for selection in order to complete a scoring team, if Selectors believe a team is capable of a top 6 team finish. **Additional athletes must have achieved a B Standard as per clause 6.**

4.7.7 Athletes seeking selection to the Marathon team, as per 4.7.6, should communicate and agree a performance plan with [Athletics Ireland's National Endurance Coordinator](#) which is conducive to optimal performance at the championships.

4.8 Athletes seeking selection in either individual or relay event for the 2026 European Athletics Championships **MUST** compete at the 2026 Athletics Ireland National Championships in the event in which they are seeking selection, with the following exceptions:

A. 10,000m: can compete in the 5,000m.

B. Half Marathon Race Walk: can compete the 10km Race Walk.

C. Combined Events: Heptathlon must participate in at least 1 event / Decathlon must compete in at least 2 events.

D. Marathon and Marathon Race Walk: are not obligated, but are encouraged, to compete at AINC.

4.8.1 For clarity, athletes seeking selection in the 4x100m or 4x400m must compete in the 100m or 400m respectively, unless dispensation has been requested and granted.

4.8.2 [Dispensation Requests](#) from not competing will **ONLY** be granted for medical reasons and/or exceptional circumstances.

4.8.3 Dispensation request must be received no later than 1 July 2026. Dispensation requests received after this date, in the case of injury or illness only, will be considered on a case by case basis.

4.8.4 Dispensation approval will be at the sole discretion of the Selectors.

4.9 Any athlete, who has achieved an A standard by the end qualification period, and who wins Athletics Ireland's National Championship (in the event in which they are seeking selection), and has met all other criteria laid out in this policy, will be automatically selected.

4.9.1 Any athlete, who has achieved a B standard during the qualification period, and who wins Athletics Ireland's National Championship (in the event in which they are seeking selection), and where fewer than three (3) athletes have been selected having achieved an A standard by the end of the qualification period in that event, and is within the target qualifying number for that event on the final 'Road to Birmingham' at the end of the qualification period, and has met all other criteria laid out in this policy, will be automatically selected.

Relays

4.10 Relay team(s) will be considered for selection as being one of the best ranked teams (as per clause 2.5) times during qualification period.

4.10.1 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 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.

4.11 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, in consultation with the Performance Sprints Lead** and confirmed by Team Management before final relay declarations. For selection purposes there are "No Appeals" against the final running order or to the selection of the "Strike Four" athletes.

Selectors Meetings

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

4.13 Final selections for all events will be on 27 July 2026.

After Selection

4.14 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.

4.14.1 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 (see clause 6).

4.14.2 Failure by a selected athlete to show form and fitness prior to the Championships will, at the discretion of the Selectors and/or Performance Director being withdrawn.

4.15 An athlete who enters the Athletics Ireland Team Camp and/or the 2026 European Athletics 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).

4.15.1 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.

4.16 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

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

Non-Selection Appeals Process

4.18 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.

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

4.19.1 Have submitted an NTF in accordance with timelines contained in this Selection Policy and;

4.19.2 Submit an appeal relating to 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.

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

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

4.21.1 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

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

5. GENERAL INFORMATION

5.1 This policy and criteria may be amended at any time by Athletics Ireland, if Athletics Ireland believes such amendment is necessary in the best interests of Athletics Ireland or because 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. [ATHLETICS IRELAND - PERFORMANCE STANDARDS:](#)

Men			Women	
A Standard	B Standard	Event	A Standard	B Standard
10.15	10.28	100m	11.18	11.35
20.45	20.70	200m	22.85	23.15
45.24	45.80	400m	51.20	52.00
1:44.80	1:45.75	800m	1:59.80	2:00.95
3:33.50	3:35.25	1500m	4:03.50	4:07.00
13:08.00	13:20.00	5000m	15:05.00	15:22.00
27:50.00	28:30.00	10000m	32:00.00	32:55.00
8:20.00	8:35.00	3000m SC	9:28.00	9:50.00
13.40	13.70	110mH/100mH	12.88	13.15
49.00	50.00	400H	55.30	56.70
2:09:30	2:12:00	Marathon	2:27:00	2:32:00
1:26:15 (1:21:00 20km)	1:29:30 (1:24:00 20km)	Half Marathon Race Walk	1:36:20 (1:31:00 20km)	1:41:40 (1:36:00 20km)
3:11:00 (2:33:00 35km)	03:16:00 (2:37:00 35km)	Marathon Race Walk	3:40:00 (2:57:00 35km)	3:41:15 (2:58:00 35km)
Top 16		4x100m	Top 16	
		4x400m		
Top 8		Mx 4x100m	Top 8	
		Mx 4x400m		
2.27m	2.22m	High Jump	1.94m	1.90m
5.82m	5.60m	Pole Vault	4.60m	4.45m
8.05m	7.90m	Long Jump	6.77m	6.55m
16.80m	16.20m	Triple Jump	14.20m	13.80m
20.80m	19.75m	Shot Put	18.20m	16.90m
65.50m	62.90m	Discus Throw	61.00m	57.80m
77.00m	75.00m	Hammer Throw	71.50m	69.20m
83.00m	79.00m	Javelin Throw	60.80m	58.20m
8300	7900	Combined Events	6320	6050