



EUROPEAN INDOOR CHAMPIONSHIPS 2025, APELDOORN SELECTION POLICY FAQs

The FAQs below are designed to support athletes and coaches in understanding the selection process for the European Indoor Championships. FAQs cannot replace the European Indoor Selection Policy, which takes precedence in the event of a conflict with this document. Athletes and coaches should consult the FAQs where needed, in parallel with reading the policy itself. The link to the selection policy can be found [here](#).

What are the aims for these Championships

The objectives for the European Indoor Championships are part of the wider World Class Programme strategy to ultimately maximise medals at the Olympics and World Championships. As part of this strategy, we see the European Indoors as an opportunity for medal success and Top 8 finishes, but also as a development opportunity for athletes who have the potential to win medals at future World Championships and Olympic Games. The qualification route for selection underpins this strategy.

Where are the Trials for the European Indoor Championships?

The UK Indoor Championships will be the trials for the European Indoors. They are scheduled to take place on 22 and 23 February 2025 at the Utilita Arena in Birmingham.

Is participation at Trials mandatory?

Yes, you will need to compete at the Trials to be eligible for selection. If you are unable to compete due to injury or illness, a medical exemption will need to be granted. Further details can be found in Appendix 1 of the Selection Policy.

Can I compete in a different event at Trials?

Only 2024 Olympic Games individual medallists can compete in a different event at the Trials. In these cases, they must get prior written permission from Paula Dunn, the Head Coach.

How many places are available by event?

European Athletics offer 3 places by event by nation.

Will there be Relay Selections?

If the Selection Panel considers that the relay team has medal potential, then yes there will be selections for the 4 x 400m relay and 4 x 400m mixed relay. In these cases, up to 6 athletes can be selected – which may include athletes selected individually.

I want to be considered for Relay – what event do I need to compete in at Trials?

You can compete in the 200m, 400m or 800m at Trials. However, if you compete in the 200m or 800m you will need to notify Paula Dunn the Head Coach in advance of the Trials.

How are athletes eligible to be considered for selection?

In order to be considered for selection, you must fulfil the General Eligibility criteria, compete at Trials and qualify through one of the prescribed routes. You can qualify by **achieving a European Athletics Standard** (these can be found in the policy or on the EA website) or by **being in the quota places**



allocated based on World Rankings (these can be found on the [Road to Apeldoorn](#)). The qualification period for entry standards is as follows:

For Combined Events: 24 August 2023 to 23 February 2025

For all other Events: 24 February 2024 to 23 February 2025

How can I be selected?

Eligible athletes are selected in the following order for individual events:

1. **Top 2 at Trials** are automatically selected (if one of the Top 2 finishers is not eligible for selection, their place will be allocated to the next finisher)
2. If there are more qualified athletes than places are available, the **athlete with the next best single performance** from 1 January 2025 to 23 February 2025 will be selected.

For Combined event athletes:

- Athletes will be selected in order of **highest-ranking position** on Road to Apeldoorn.

For Relay Events, athletes' performance profiles will be assessed. Examples of factors that are considered are::

- Performance and performance consistency
- Head to heads
- Relay skills
- Performance history as part of the relay team in previous championships
- Contribution and commitment to relay team activity

Why are there no appeals for these Championships?

European Athletics publish the final Road to Apeldoorn Rankings one day before the final entries deadline. There is no window of opportunity to hold an appeals process for these Championships. We hope by extending the timeline for athletes to qualify by virtue of World Ranking placing, we are maximising the opportunity for athletes to be selected.

USEFUL CONTACTS	
Paula Dunn, Head Coach pdunn@uka.org.uk	Trials related requests (please submit in writing) and general selection queries
James Brown, UKA Lead Doctor jbrown@britishathletics.org.uk	Medical issues relating to participation in Trials
Tina Ryan, Head of Performance Operations tryan@uka.org.uk	General selection and policy related queries (including appeals) and timelines.
Maddy Ibbett mibbett@britishathletics.org.uk	Championships logistics related queries