

# 2026 European Championships Selection Policy

## A Quick Reference – Track & Field Events

This infographic is designed to give athletes and coaches a simple overview of the selection process. It does not replace the need to carefully read the full policy which can be found [here](#).



### Eligibility Requirements

Athletes aiming for selection must meet certain eligibility criteria

- All athletes must participate in Trials and compete in the event they want to be considered for (some exceptions for previous medallists may apply). Relay, 10,000m and Combined Event athletes should note the specific provisions for which events they must compete in.
- Athletes must achieve the Qualification Requirement
- Athletes must comply with General Eligibility rules (UKA and European Athletics)
- **Meeting all eligibility criteria does not guarantee selection.**



### Trials Participation

- Athletes targeting selection in multiple events must inform the Performance Director in writing. They do not need to compete in the second event in order to be considered. For the 5,000m and 10,000m double, the athletes must compete in the 5,000 trial
- 2024 Olympics & 2025 World Championships individual medallists may compete in alternative events if approved by the Performance Director
- Combined Event athletes must compete in at least one relevant event as agreed with the Performance Director
- 10,000m athletes should note they have a different Trial event. This is Loughborough International on 17<sup>th</sup> May. Attendance is not mandatory, but selection is still prioritised through the rounds process
- Non-participation due to illness or injury requires prior written notification and medical evidence to be eligible for consideration. Athletes should note: absence at trials regardless of the situation, will unavoidably put them at a disadvantage.



### How do I achieve the Qualification Requirement?

You can qualify in one of three ways:

1. Be the **2024 European Outdoor Champion** – you will receive a Wild Card entry from EA
2. Achieve an **EA Entry Standard set out in the Selection Policy** – in the respective qualification period
3. Be in the **EA Road to Birmingham Rankings\*** either 'In World Rankings Quota' or 'Next best by World Rankings' at the time of the selection meeting on 27 July 2026. Athletes then selected by this route must be in a rankings qualifying positions by 30 July 2026.

Note: Relay-event only athletes do not need to have a qualification standard



### Selection Process – Individual Events

There is a maximum of 3 places in each individual event 4 places if there is a Wild Card for the event)

- Three selection meetings: 21 June 2026 (Round 1 & 2), 1 July 2026 (Round 3) and 27 July 2026 (Round 4, 5 & 6)
- Prioritisation process for individual events via rounds
  - **Round 1:** EA Wild Cards, 2024 Olympic Games & 2025 World Championship individual medallists
  - **Round 2:** Winner at Trials with EA Entry Standard  
*Note: if the winner is an EA Wild Card, individual medallists 2024 Olympic Games or 2025 World Championship then the second placed athlete will be selected*
  - **Round 3:** Two highest ranked Combined Event athletes from those not already selected in previous rounds
  - **Round 4:** Eligible athletes with EA Entry Standard as stated in the policy\*, will be assessed against performance criteria
  - **Round 5:** Eligible athletes on Road to Birmingham will be assessed against performance criteria

\*5,000m athletes - UKA Selection Policy uses 5,000m Entry Standard for the track only. EA 5k Road Standard does not feature as an Entry Standard.



### Selection Process – Relay Events

- Athletes selected in individual 100m and 400m will be automatically selected for respective 4 x 100m and 4 x 400m relay teams
- A total maximum of 9 athletes including the above may be selected for the 4 x 100m and 4 x 400m events.
- Selected athletes will be expected to compete in the Mixed Relay
- **Round 6:** Athletes are considered based on assessment of criteria



### Notifications & Appeals Process

Athletes who wish to pursue an appeal should familiarise themselves with the process in the Policy

- Athletes will be individually notified of their selection by **1800 Monday 27 July 2026**
- Consult the UKA Fast Appeals process on website for grounds of appeal
- Note deadlines carefully in the selection policy
- There is a £250 administration fee due upon Notice of Appeal. Refundable if appeal is upheld.

This document is intended to help simplify the selection policy. Athletes/coaches/agents/representatives should always consult the policy or contact a member of the performance team for advice.

Where there is a perceived dispute between the content of this document and the policy, the policy itself will always be the final authority.

