



**2026 EUROPEAN ATHLETICS CHAMPIONSHIPS: 10 - 16 AUGUST 2026,
BIRMINGHAM, UNITED KINGDOM**

TRACK & FIELD SELECTION POLICY – published December 2025

Updated February 2026 – Amendment to paragraph 9, Appendix 1

Updated February 2026 - Amendment to mandatory requirement 10,000m Trial & addition to selection criteria in Round 4 & 5 for 10,000m event

Updated March 2026 – Inclusion of 10k Road EA Entry Standards in Qualification & 10k Trial date

The 2026 European Athletics Championships, Birmingham present a performance opportunity for British athletes to compete at a senior home international championships.

This Selection Policy (“the Policy”) set outs the selection process for the team to represent Great Britain & Northern Ireland at the 2026 European Athletics Championships in Birmingham, United Kingdom (the “Championships”) in Track & Field events. Athletes wishing to be selected for the Marathon or Race-Walking events, should see the separate Selection Policy for those events.

The primary objective that underpins our approach to selection for the European Championships is to reinforce GB&NI’s position as one of the top athletics nations in Europe by selecting athletes who are capable of winning medals.

The Championships also provide an opportunity to support future Olympic medal potential by offering valuable championship experience. This will be reflected by considering athletes whose performance profiles have demonstrated capability to move through the rounds (where relevant) and as a minimum, reach the final. This dual focus emphasises our commitment to both success at a home championships and supporting performance potential for future success on the world stage.

Selection will be underpinned by clear evidence of current form aligned to what it takes to win medals and reach finals and the ability to contribute to the overall success of the Novuna GB&NI team in 2026 and beyond.

Athletes should note that **they must comply with all General Eligibility requirements** to compete for Great Britain and Northern Ireland at these Championships. Please refer to Appendix 1.

SELECTIONS

1. The selection meetings will take place on the following dates:
 - Round 1 & 2 – **21 June 2026**
 - Round 3 – **1 July 2026**
 - Round 4, 5 & 6 – **27 July 2026**

2. Selections will be based on the performance objectives of the championships as stated above.

3. Selections will be published on **27 July 2026**.

4. Selections will be subject to the maximum number of entries as follows:

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a. All Individual Events

A maximum of three (3) athletes can compete per individual event.

b. Wild Cards

2024 European Champions will be invited to participate as a Wild Card, in the same event, in addition to the maximum of three (3) athletes per event.

c. All Relay Events

Up to a maximum of nine (9) athletes may be selected for each relay event, which includes the Mixed Relays. Included in the nine (9) are also those athletes also selected for the corresponding individual events (100m for the 4 x 100m and 400m for the 4 x 400m) in the previous rounds.

ELIGIBILITY FOR SELECTION

- 5. In addition to meeting the General Eligibility Requirements in Appendix 1, to be eligible for selection, athletes must comply with both Requirement One (Participation at Trials) and Requirement Two (Qualification).
- 6. For the avoidance of doubt, complying with both requirements means an athlete can be considered in the Selection Process; it does not guarantee selection.

REQUIREMENT ONE: PARTICIPATION AT TRIALS

- 7. Save for the provisions set out in Section 8 below; to be considered for selection all athletes– with the exception of athletes wishing to be considered for the 10,000m events - must compete in their corresponding event at the Trials:
 - a. **Individual Track & Field Events and Relay Events** - UK Athletics Championships on 20 & 21 June 2026 at the Alexander Stadium, Birmingham (the “Trials”).
 - b. **10,000m** – UK Athletics 10,000m Track Championships on 17 May 2026 at the Loughborough International (the “10k Trial”). References to “Trials” includes the “10k Trial” unless otherwise stated.

Please note: Athletes wishing to enter the UK Athletics 10,000m Championships should complete the expression of interest form at this [link](#) – provided they meet either of the following standards on the road or track during the period **1 January 2025 to 3 May 2026**.

Men	Event	Women
14:15.00	5,000m / 5k Road	16:15.00
29:00.00	10,000m / 10k Road	33:30.00

8. Specific Provisions

Athletes should review the following provisions carefully before entering the Trials.

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- a. Individual medallists in the 2025 World Championships and 2024 Olympic Games may compete in a different discipline at the Trials for which they wish to be considered for selection. This must be agreed in writing in advance of entry by the Performance Director pdunn@uka.org.uk.
- b. Athletes wishing to be considered for selection in the 4 x 100m relay events must compete individually at the Trials in the 100m, 200m or 100mH/110mH. Those athletes competing in the 100mH/110mH must notify the Performance Director in writing in advance of the Trials of their desire to be considered for selection for the 4 x 100m relay event.
- c. Athletes wishing to be considered for selection in the 4 x 400m relay events must compete individually in the 200m, 400m, 400mH or 800m. Those athletes competing in the 200m, 400mH or 800m must notify the Performance Director in writing in advance of the Trials of their desire to be considered for selection for the 4 x 400m relay event.
- d. Combined Events athletes must compete in at least one relevant event, as agreed with the Performance Director.
- e. For athletes wishing to be considered for selection in the 10,000m it is not mandatory to compete at the Trials. However, prioritisation will be given to participating athletes via the first selection. Athletes should familiarise themselves with the selection rounds process.
- f. **‘Doubling Up’**

For Eligibility purposes, athletes seeking selection in two individual events will not be required to compete in their second event at the Trials. However, the Selection Panel will have sole discretion to determine whether athletes will be selected to compete in more than one event. The Selection Panel will assess the potential impact a secondary event will have on an athlete’s performance in both events and the Panel has the sole discretion to not select an athlete in a second event in any of the Selection Rounds. Requests to be considered for selection in two individual events (‘doubling-up’) should be made to the Performance Director pdunn@uka.org.uk in writing **in advance of the Trials**.

Please note this does not include the 5,000m & 10,000m double. If athletes wish to double up in these events at the Championships they must compete in the 5,000m Trial in order to be eligible for selection and requests should also be made to the Performance Director pdunn@uka.org.uk in writing **in advance of the Trials**.

g. Illness and/or Injury Exemption

If an athlete is unable to compete at Trials due to illness or injury, they must comply with the relevant conditions in 8g.i or 8g.ii below. Any exemption from competing at Trials will be by exception and given at the sole discretion of UKA. Where the provisions and conditions are not adhered to, an exemption for non-attendance at Trials will not be granted.

- i. **Illness or Injury earlier than the day before the Trials** - must be evidenced by a medical note from a GP or emergency doctor provided to UKA earlier than the day before Trials, or consultation with a UKA doctor. The Performance Director and UKA Lead Doctor James Brown (jbrown@uka.org.uk) will, at their discretion determine whether, on the basis of the evidence available to them and the information provided by the athlete, that absence from the Trials is warranted and whether an exemption is

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granted. Failure to satisfy the above will result in the athlete not being considered eligible for selection. All athletes must be aware that failure to attend the Trials, regardless of validity, will naturally and unavoidably place them at a disadvantage when being assessed for selection.

- ii. **Illness or Injury the day before or the day of the Trials** – the athlete must contact the Performance Director or UKA Lead Doctor as soon as possible prior to the start of the relevant Trial event. Detailed information and evidence must be provided by a medical note from a GP, emergency doctor or consultation with the UKA Lead Doctor, in order for the Performance Director and UKA Lead Doctor to assess whether absence from Trials is warranted and whether an exemption is granted. All athletes must be aware that failure to attend the trials, regardless of validity will naturally and unavoidably place them at a disadvantage when being assessed for selection.
- iii. **Illness or Injury that occurs at the Trials** – must be reported at the Trials to the Performance Director and the lead UKA Doctor and must be evidenced with a consultation with the UKA Lead Doctor or a medical note from a GP or an emergency doctor immediately following Trials. The Performance Director and UKA Lead Doctor will assess whether absence from Trials is warranted and whether an exemption is granted. All athletes must be aware that failure to attend the trials, regardless of validity will naturally and unavoidably place them at a disadvantage when being assessed for selection.

REQUIREMENT TWO: QUALIFICATION

- 9. To be considered for selection, athletes must also meet a qualification requirement for their corresponding event by one of the following routes.
 - a. Be a 2024 European Champion who has been given a 'Wild Card' entry by European Athletics ('EA').
 - b. For all individual events, achieve the **European Athletics Entry Standard**, as set out in the table below, within the respective qualification period set out below. The European Athletics Entry Standards must be achieved in competitions that comply with the Performance Conditions outlined in Appendix 2.

Qualification Periods:

- **Combined Events:** 25 January 2025 to 26 July 2026
- **10,000m:** 25 January 2025 to 26 July 2026
- **All Other Events:** 27 July 2025 to 26 July 2026

Men	Event	Women
10.15	100m	11.18
20.45	200m	22.85
45.25	400m	51.20
1:44.80	800m	1:59.80
3:33.50	1500m	4:03.50
13:08.00	5000m	15:05.00

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27:50.00	10,000m (10k Road times included)	32:00.00
8:20.00	3000m SC	9:28.00
13.40	110mH / 100mH	12.88
49.00	400mH	55.30
2.27	High Jump	1.94
5.82	Pole Vault	4.60
8.05	Long Jump	6.77
16.80	Triple Jump	14.20
20.80	Shot Put	18.20
65.50	Discus Throw	61.00
77.00	Hammer Throw	71.50
83.00	Javelin Throw	60.80
8300	Combined Events	6320

Note: Athletes should note the provisions in Appendix 2, paragraph 6 for Women’s 10,000m entry standards by virtue of road performances.

- c. Be in a European Athletics ranked position (‘Road to Birmingham’) at the close and final publication of the EA rankings on 30 July 2026, in accordance with EA rules.
- d. For Relay Events, there is no qualification requirement.

SELECTION PROCESS

10. The Selection Panel will only select from athletes who meet both Requirements above.
11. Selection will be made in three (3) chronological stages and six (6) rounds conducted as outlined below.
 - Round 1 - EA Wild Cards, 2025 World Championships and 2024 Olympic Games individual medallists
 - Round 2 - Winner of each Trial event
 - Round 3 – Combined Events
 - Round 4 - Remaining Athletes with a European Athletics Entry Standard
 - Round 5 - European Athletics Ranking position
 - Round 6 – Relay Events
12. Athletes should note that the rounds are ordered in such a way to prioritise Trials winners with the European Entry Standard and athletes with a European Athletics Entry Standard before assessments of athletes who do not have the European Athletics Standard, but who may have a ranking position.
13. Athletes should note that selection in all rounds is subject to the Selection Panel’s expert assessment of the athlete’s injury and health status.

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14. In its assessment of an athlete, the Selection Panel may decide not to select an athlete if based on UK Athletics’ medical advice, it considers that participation would constitute a risk to the athlete or others.
15. The Selection Panel may in its sole discretion, set conditions of selection, which may include but are not limited to fitness, health-related or any other form of assessment. If the athlete fails to comply with the conditions, the provisions for deselection as set out below may apply.

Stage 1 - 21 June 2026 Selection Meeting: Rounds 1 & 2

16. Round 1 – EA Wild Cards, 2025 World Championships and 2024 Olympic Games individual medallists (See Appendix 3)

Subject to an assessment of health and injury status, athletes who meet the criteria below will be selected in their corresponding event.

- a. 2024 Individual European Champions who have been given a ‘Wild Card’ by EA.
- b. 2024 Olympic Games individual medallists
- c. 2025 World Championships medallists

The Selection Panel may choose not to select an athlete if the panel considers that their health or injury status does not give confidence of the athlete’s ability to fulfil the performance objectives of the championships.

17. Round 2 – Winner of each Trial event

- a. The winner of each individual event at the Trials will be selected for the corresponding event, provided that they have a **European Athletics Entry Standard** and that the Selection Panel is satisfied with the athlete’s injury and health status.
- b. In the event that either a 2025 World Championships, or 2024 Olympics Individual medallist or an EA Wild Card is the winner of the Trial event (regardless of whether they have been selected in Round 1 or not and regardless of whether or not they accept selection), the second placed athlete will be automatically selected if they have a European Athletics Entry Standard and if the Selection Panel is satisfied with the athlete’s injury and health status.
- c. For the avoidance of doubt, no athletes in 3rd place at Trials will be selected in this Round (including if both the first and second placed athletes are selected in Round 1).
- d. Where there is a dead heat or tie for first place in any of the Trial events between two or more eligible athletes for consideration in this round, all athletes will be considered in Round 4, unless one or both of the athletes in the tie was already selected in Round 1 or one of the athletes declines selection.
- e. Should the winner of the Trials not be eligible for selection (or decline selection), their place will not be offered by default to the next best Eligible Athlete save for in the circumstances set out in paragraph 17b above.

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- f. For the avoidance of doubt, if an athlete wins the Trial event and does not have the European Athletics Entry Standard at the time of the first selection meeting on 21 June but subsequently achieves it before the second selection meeting on 27 July, they will be considered in Round 4.

Stage 2 - 1 July 2026 Selection Meeting: Round 3

18. Round 3 – Combined Events

- a. Combined Event athletes with a European Athletics Entry Standard will be considered for selection in this Round.
- b. In this Round, the Selection Panel can select up to a maximum of two (2) male and two (2) female athletes. For clarification, Combined Event athletes may also be considered in rounds 4 and 5.
- c. Of the remaining athletes not selected in previous rounds, only the two highest ranked athletes with the European Athletics Entry Standard in the ‘Road to Birmingham’ rankings will be considered for selection. In its assessment, the Selection Panel will consider illness and injury status plus current form to satisfy the Selection Panel that the athlete can meet the performance objectives of the Policy.
- d. The Selection Panel may in its sole discretion choose **not** to select athletes in this round. In such cases Eligible Combined Event athletes will be considered in Rounds 4 and 5.

Stage 3 - 27 July 2026 Selection Meeting: Round 4, 5 & 6

19. Round 4 – Remaining Athletes with a European Athletics Entry Standard

- a. If places remain in an event, the Selection Panel will consider athletes with a European Athletics Entry Standard. Athletes being considered for selection in this round must in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below:
 - The number of times qualification standards were achieved during the 2026 (outdoor) season.
 - Overall performance consistency aligned to EA standards throughout the qualification window.
 - Season’s best and position in World Athletics season top lists (3 per nation) and position on ‘Road to Birmingham’ rankings list.
 - Performance and position at Trials
 - Performance in head-to-heads with other Eligible Athletes during the 2025 and 2026 outdoor season.
 - Recent athlete performance history in major international championships since 2023
 - Medical, injury and other health-related status considerations
 - Assessment of future global competitive potential to progress from top 8 performances to medal at future senior World Championships and Olympic Games.
 - Assessment of ability to contribute to a medal winning relay team
 - Where ‘doubling up’ is concerned, the impact of competing in multiple events on the athlete’s ability to meet the Performance Objectives of the Championships
 - Impact on the medal winning potential of relay teams.

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- For 10,000m event selections, demonstration of current form since **27 March 2026** in 5000m and/or 10,000m races (track only).
 - Other factors the Selection Panel deems relevant.
- b. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate.
- c. If there are more athletes with a European Athletics Entry Standard than there are places available, athletes will be considered for selection based on the Selection Panel’s comparative assessment of athletes. The Selection Panel will ultimately select athletes with the greatest potential to fulfil the performance objectives and shall prioritise athletes with medal potential at these Championships over future medal potential.
- d. For the avoidance of doubt, the Panel is neither obliged to select athletes nor to fill all event places.

20. Round 5 – European Athletics Ranking position

- a. If there are places remaining, the Selection Panel will then consider athletes who at the time of the selection meeting appear on the ‘Road to Birmingham’, either **‘In World Rankings Quota’** or as **‘Next best by World Rankings’** positions. Inclusion on this list does not guarantee selection. The Panel will consider whether the athletes have demonstrated a likelihood of achieving the Performance Objectives of the Championships, namely winning a medal or, as a minimum progressing through rounds and reaching the final. The Selection Panel reserves the right to not select athletes if in the Selection Panel’s expert opinion, they are unlikely to achieve the objectives. To make this assessment, the Selection Panel will consider the following criteria.
- The gap to the EA qualification standard of performances and the consistency of performances close to the EA qualification standard during the qualification window, with particular focus on the 2026 outdoor season.
 - Season’s best and position in World Athletics season top lists (3 per nation)
 - Position in Road to Birmingham rankings at the time of the selection meeting
 - Head-to-heads with other Eligible Athletes in the 2025 and 2026 outdoor seasons.
 - Recent athlete performance history in major international championships since 2023
 - Performance and position at Trials.
 - Medical, injury and other health-related status considerations.
 - Individual potential to progress to medal at future senior World Championships and Olympic Games.
 - Where ‘doubling up’ is concerned, the impact of competing in multiple events on the athlete’s ability to meet the Performance Objectives of the Championships.
 - Impact on medal winning potential in relay teams
 - For 10,000m event selections, demonstration of current form since **27 March 2026** in 5000m and/or 10,000m races (track only).
 - Other factors the Selection Panel deem relevant.
- b. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the panel deems appropriate.

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- c. If there are more Athletes who have the ability to fulfil the performance objectives of the Championships than there are places available, athletes will be considered for selection based on the Panel’s comparative assessment of athletes.
- d. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill all event places.
- e. Athletes selected in this Round, will be a conditional selection subject to the athlete achieving a ranking positioning on publication of the final rankings list on 30 July 2026 as part of the Qualification Requirement. If the ranking position is not achieved, the athlete’s selection will not be confirmed.

21. Round 6 – Relay Events

- a. A team may be selected for each of the following relay events:
 - i. Men’s 4 x 100m
 - ii. Women’s 4 x 100m
 - iii. Men’s 4 x 400m
 - iv. Women’s 4 x 400m
 - v. Mixed 4 x 100m
 - vi. Mixed 4 x 400m
- b. A maximum of nine (9) athletes may be selected in the 4 x 100m and 4 x 400m relay events, which includes the Mixed Relays and individual athletes selected in previous rounds.
- c. Each relay team is subject to the following:
 - i. Athletes who are selected in the previous rounds in their corresponding individual event will be automatically selected.
 - ii. The selected 4 x 100m athletes and 4 x 400m athletes will be expected to compete in the Mixed 4 x 100m relay and Mixed 4 x 400m relays respectively, as required by the Performance Director.
- d. When considering relay events and associated individual events, the Selection Panel will select athletes for the event where they have the most opportunity to maximise medal success. This may result in an athlete being required to prioritise the relay over their individual event if selected individually, or being selected for the relay event only. In order to make such assessment, the Selection Panel will look at Competition timetable for the Championships and the potential impact on timing of individual events for the relay schedule. Link to the competition timetable can be found [here](#).
- e. Athletes being considered for relay selection in their respective events will be assessed by the Selection Panel using the criteria below.
 - Performances and performance consistency during the qualification window, and the number of times qualification standards were achieved.
 - Current form during the 2026 outdoor season.
 - Individual event flat speed in relation to the specific relay event distance.

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- Specific relay skills as assessed in training and in competition including but not limited to: consideration of the team make-up and other athletes selected (adaptability, ability to execute a particular leg), relay flat speed performance, check mark discipline; consistency of performance in key relay elements as determined by the Panel.
 - Season's best and position in World Athletics season top lists (3 per nation) as an individual athlete.
 - Performance at Trials.
 - Head-to-heads with other relevant athletes.
 - Medical, injury and health-related status.
 - Contribution and commitment to relay team-based training/competition activity.
 - Where relevant adherence to the WCP Relay Programme.
 - Other factors the Selection Panel deem relevant.
- f. The criteria listed above are used for comparative assessment and may be weighted as necessary to best meet the Performance Objectives. The criteria are not listed in order of priority.

22. Reserves

- a. The Selection Panel may in its discretion nominate one additional Eligible reserve athlete who fulfils the aims of the policy, as determined by the Selection Panel, for any individual event. If more athletes satisfy the criteria than there are places available, athletes will be assessed using the criteria outlined in the Rounds. There is no obligation on the Selection Panel to nominate reserves.
- b. The Selection Panel may in its discretion nominate additional relay athletes (as determined by the Panel) as reserve(s) for any relay event. The Selection Panel has sole discretion on the number (if any) of athletes provided it complies with EA Entry Conditions for Relays.
- c. In situations where an athlete has been de-selected, UKA will exercise its sole discretion in determining whether or not to call upon a reserve.

SELECTION PANEL

23. The Selection Panel shall comprise the Members stated below. A substitute may be nominated at any time by the Performance Director if a member (including the Performance Director) is unavailable:

- a. Voting Members:
 - i. Performance Director
 - ii. Deputy Performance Director
 - iii. Representatives from Endurance, Sprints and Field & Combined event groups who will each vote on all athlete selections.
- b. Non-Voting Members:
 - i. Chairperson
 - ii. Event specialist(s), as nominated by the Performance Director if considered necessary

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- iii. British Elite Athletes Associate or UKA Athletes Commission observer or another observer (as required)
 - iv. UK Athletics Medical representative (as required)
 - v. Legal representative (as required)
 - vi. Media representative (as required)
 - vii. Note taker(s), and;
 - viii. Any other person invited by the Chairperson
24. In the event of an actual, potential, or possible conflict relating to any voting member of the Selection Panel, it should be reported to the Chairperson of the selection meeting who shall determine whether the voting member in question should be permitted to take part in relation to any selection decision(s). In any event including but not limited to conflict of interest or absence, the Chairperson may appoint an alternative voting member if necessary.
25. Voting of the Selection Panel shall be by simple majority. The Performance Director shall have the casting vote, if required. If the Performance Director is unable to vote due to a conflict the Chairperson shall nominate the panel member with the casting vote if required.
26. The Selection Panel may make any selection subject to the athlete completing a performance requirement or test set by the Selection Panel.

DE-SELECTION

27. Following selection, an athlete may be de-selected by the Selection Panel or UK Athletics in the event of:
- a. The athlete ceasing to comply with the eligibility criteria set out in this Selection Policy, EA rules and regulations or UK Athletics strategy document or policy communicated by UK Athletics.
 - b. Failure to sign the World Class Programme Athlete Agreement or Team Member Agreement.
 - c. Failure or partial failure to comply with any conditions or part of conditions of selection set by the Selection Panel.
 - d. Application of the UK Athletics Team Medical Policy as set out in the World Class Programme Athlete Agreement or Team Member Agreement.
 - e. Any anti-doping rule violation or provisional suspension.
 - f. Any serious misconduct or suspension due to misconduct.
 - g. A breach of any UK Athletics policy.
 - h. UK Athletics reasonably considering that the athlete will be unable to perform at the level required or expected due to any reason including loss of form or failure to recover fully or as expected from injury or illness, or:
 - i. Failure to opt-in to team training or events.

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GENERAL PROVISIONS

28. Amendment

UK Athletics reserves the right to amend this Selection Policy at any time at its discretion and will make any amended version publicly available (including the date on which any amendment was made) at www.britishathletics.org.uk

29. Governing Law

This Selection Policy shall be governed by and constructed in accordance with the law of England and Wales.

30. Jurisdiction

Any dispute or claim (other than appeals) arising out of or in connection with this Selection Policy shall be submitted for determination exclusively to arbitration under the auspices of Sports Resolutions (UK) Limited and subject to the procedural control of the English Courts.

Key Contacts

- Performance Director queries: Paula Dunn (pdunn@britishathletics.org.uk)
- Policy queries and guidance: Tina Ryan (tryan@uka.org.uk)
- Medical: George Polglass (gpolglass@uka.org.uk) or Dr James Brown (jbrown@britishathletics.org.uk)
- Championships logistics: Maddy Ibbett (mibbett@britishathletics.org.uk)

APPENDIX 1 - GENERAL ELIGIBILITY CRITERIA

1. Be eligible to compete for GB&NI and be the holder of a full and current British passport.
2. Comply with all European Athletics and competition rules including but not limited to any rules relevant to the category and/or event they wish to compete in.
3. Is not serving a period of ineligibility from the sport (as determined by UK Athletics or a Home Country Athletics Federation) or from any other sport. For example, due to misconduct and/or disciplinary reasons.
4. Not under investigation or been charged by UK Athletics, a Home Country Athletics Federation, or any other relevant organisation (including the police and CPS) with misconduct or any disciplinary, safeguarding or criminal offence.
5. Completed all anti-doping requirements.
6. Not committed a criminal, disciplinary or safeguarding offence that in the reasonable opinion of the Board of UK Athletics renders the athlete unsuitable for selection.
7. Has not, whether by an act or omission, brought UK Athletics into disrepute.
8. Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct.

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9. Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club. Exemption may be granted in exceptional circumstances only, where an athlete must be registered to a club in a foreign country due to local laws and regulations governing residency and training. In such cases, the athlete should seek written approval from the Performance Director in advance.
10. Be 16 years or older as of 31 December 2026 (i.e. born in 2010 or earlier), with the exception of the Men’s Shot Put and Men’s Hammer Throw (see point 12).
11. Be 18 years or older as of 31 December 2026 (i.e. born in 2008 or earlier), to be considered for selection in the Men’s Shot Put and Men’s Hammer Throw.
12. Complete European Athletics “I Run Clean” online anti-doping certification.
13. Sign the UK Athletics Team Members’ Agreement (“TMA”) and abide by its terms and conditions. Any athlete failing to do so prior to the first date of competition will result in their selection being withdrawn. The current version of the TMA can be found online at <https://www.uka.org.uk/performance/british-athletics-teams-information/>

APPENDIX 2 – PERFORMANCE CONDITIONS

The European Athletics Entry Standard must be achieved in accordance with the Performance Conditions as set out below. Where there is a perceived dispute between the conditions below and European Athletics performance conditions, European Athletics qualifications will always be the final authority.

1. Performances must be achieved during competitions organised or authorised by World Athletics, its Area APP Associations or its National Member Federations and conducted in conformity with World Athletics Rules and for which an application has been submitted in advance. The list of National Permit competitions will be published on the Global Calendar pages of the World Athletics website (<https://worldathletics.org/competition/calendar-results>).
2. Events will only be listed on the World Athletics global calendar if they are licensed as a UKA Level 2 competition or higher and have a World Athletics permit/licence.
3. Multiple performances achieved in the same individual event in a single day will only count as follows:
 - a. In a track event - at an official Championship of UK national level or higher; and
 - b. In a field event - only the best mark in the final and best mark in the pool.
4. Performances otherwise achieved in the same individual event in a single day will count as follows:
 - a. In track events - only the fastest legal result of the day;
 - b. In throwing events - only the best trial of the first competition of the day; and
 - c. In horizontal jumps - only the best trial of the first competition of the day, unless every mark achieved by the athlete was in an illegal wind, in which case a second competition held with a legal wind reading will count.
 - d. In vertical jumps – only the best trial of the competition of day

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5. Performances achieved in mixed track events between male and female participants shall not be accepted.
 - a. As an exception, in accordance with Rule 9 of the World Athletics Technical Rules, performances in 5000m or 10,000m may be accepted where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender.
 - b. In these cases, the athlete must contact Tina Ryan (tryan@uka.org.uk) providing the relevant competition information and UKA will make a ratification request to World Athletics.
6. For 10,000m, results from 10k road races will be accepted. However, performances achieved by women in mixed competitions in road events will not be accepted.
7. Wind-assisted performances (or performances achieved at events where wind measurement was not available) for events held completely in a stadium will not be accepted. For combined events the conditions set in World Athletics rule 149.3 (or any revised or amended rule relating to wind readings in combined events in force at the time) will be applied for qualification purposes. This requires that at least one of these conditions be met:
 - a. The wind velocity in any individual event shall not exceed plus 4 metres per second;
 - b. The average wind velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s.
8. Hand-timed performances in 100m, 200m, 400m, 800m, 100m/110m Hurdles, 400m Hurdles and 4 x 100m Relay and 4 x 100m Mixed Relay will not be accepted.
9. Indoor performances for all field events and track events of 200m and longer will be accepted.
10. 100m, 200m, 400m, 110m/100m hurdles and 400m hurdles performances at altitudes of above 950m will not be accepted.
11. For the running events of 400m and over, performances achieved on oversized tracks will NOT be accepted.
12. For Relay events, teams can qualify for the Championships in one of two ways:
 - a. Placing in the first 14 teams at the 2025 World Athletics Relay Championships; or
 - b. Placing on the World Athletics Performance list. World Athletics will identify the remaining teams qualified by virtue of their position in the World Athletics Top Performance list, according to the best performances in the qualification period.

APPENDIX 3 – 2025 WORLD CHAMPIONSHIP, 2024 OLYMPIC GAMES INDIVIDUAL MEDALLISTS AND EA WILD CARDS

Athlete	Event	2024/2025 medallists	EA Wild Cards
Matthew Hudson-Smith	Men's 400m	2024 medallist	
Josh Kerr	Men's 1500m	2024 medallist	
Jake Wightman	Men's 1500m	2025 medallist	
Dina Asher-Smith	Women's 100m		Wild Card
Amy Hunt	Women's 200m	2025 medallist	

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Keely Hodgkinson	Women's 800m	2024 & 2025 medallist	Wild Card
Georgia Hunter Bell	Women's 800m	2025 medallist	
Georgia Hunter Bell	Women's 1500m	2024 medallist	
Katarina Johnson-Thompson	Heptathlon	2024 & 2025 medallist	

APPENDIX 4 – APPEALS PROCEDURE

1. Athletes may appeal their non-selection, but only after the final selection publication on the UK Athletics website and only in accordance with the procedure laid out in the “UK Athletics Selection Fast Appeals Procedure” which can be found on the UK Athletics website, and which is subject to change. Athletes wishing to seek advice regarding the appeals process (including the validity of any procedure itself) may contact the British Elite Athletes Association via support@britisheliteathletes.org (WCP athletes only) or the UK Athletics Athletes' Commission at www.uka.org.uk/governance/uk-athletics-athletes-commission/.
2. All athletes wishing to be selected pursuant to this Selection Policy agree, as a condition of consideration for selection, that the UK Athletics Selection Fast Appeals Procedure is to be treated as an arbitration procedure under Part 1 of the Arbitration Act 1996 (the “Act”) and amounts to a binding arbitration agreement for the purposes of section 6 of the Act. The seat of the Arbitration shall be England, and the Procedure shall be governed by English law.
3. Athletes wishing to commence an appeal should be aware there is a £250 administration fee due upon notice of appeal. The fee is refundable if the appeal is upheld. The fee must be paid in conjunction with the Notice of Appeal, as per the timelines outlined below.
4. The Notice of Appeal will not be valid unless the athlete provides confirmation of payment of the administration fee at or before the time the Notice of Appeal is due.
5. Payment details for the administration fee are below. Transfers must be referenced PAD1094 – [YOUR INITIALS]

Bank Details

Sort Code: 30-64-10

Account No: 31040560

Account Name: UK Athletics Ltd

6. The Relevant Timelines, as defined in the UK Athletics Selection Fast Appeals Procedure, are set out in the tables below:

Action	Date & Time
Publication of selection list/selected athletes are notified	By 18:00 Monday 27 July
Athlete request notes from selection meeting	By 10:00 Tuesday 28 July
UK Athletics to supply notes	By 17:00 Tuesday 28 July
Athlete to submit Notice of Appeal	By 09:00 Wednesday 29 July
Evidence of administration fee payment	By 09:00 Wednesday 29 July
Third parties to submit additional documents. (if requested by the Appeal Panel)	17:00 Wednesday 29 July

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UK Athletics to submit Chairperson's Statement	17:00 Wednesday 29 July
Appeal Panel Hearing	Thursday 30 July
Appeal Outcome	By 19:00 Thursday 30 July
Final entries deadline	13:00 Friday 31 July 2026

If you have not been notified of your selection by the time stated above, you have not been selected. The deadlines set out above should be carefully noted in the event an appeal is being considered.

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v1	Published 18 December 2025
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