



**2025 EUROPEAN ATHLETICS U23 CHAMPIONSHIPS: 17-20 JULY 2025
BERGEN, NORWAY**

SELECTION POLICY – published March 2025

Overview

UKA provides the opportunity through age group championships for athletes and coaches to experience and learn the key skills, abilities and behaviours needed to progress through the pathway and on to become successful at future senior international championships and ultimately the Olympic Games.

UKA therefore intends to select a team for the European Athletics U23 Championships with the following aims:

1. Maximise top 5 placings at the European Athletics U23 Championships.
2. Provide a key experience for 4x100m and 4x400m relay runners in preparation for performance in senior major championships relay teams.

This selection policy (“the Policy”) outlines the process by which athletes will be selected for the European Athletics U23 Championships. UKA is committed to supporting the age-group competition pathway organised and administered by the World Athletics and European Athletics.

Participation as a member of the Championships will require an Athlete Contribution of £200. Details are provided in Appendix One.

TRIALS

1. The European Athletics U23 Championships Trials (“the Trials”) for all events except, 10,000m and combined events, will take place on **28-29 June 2025 at the Welsh Senior Championships** in Cardiff. Link to enter the trials will be as follows: [2025 Welsh Senior, U17 & Para Outdoor Track & Field Championships \(Incorporating British U23 Trials\)](#)

There will be no trial for the combined event groups. Athletes will instead be expected to show form/fitness at the trials in a relevant event. There will also no trial event for the 10,000m.

In the case of an injury or illness, athletes will be required to provide a medical report to the UKA U23 Team Doctor, please contact agegroupchampsinfo@britishathletics.org.uk.

The GB and NI team will travel to the Championships as a single team. All questions related to the selection policy or trial races should be directed to agegroupchampsinfo@britishathletics.org.uk

For the avoidance of doubt athletes seeking selection for the relay must compete in their usual relevant individual event at the Trials.

ELIGIBILITY FOR SELECTION

1. To be considered for selection, athletes must satisfy the following:
 - a. be eligible to compete for GB&NI (i.e. full and current British passport holder);
 - b. Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club;
 - c. be born in 2003, 2004, 2005;
 - i. In exceptional circumstances U20 athletes, may be considered for discretionary selections for relay by the Team Leader.
 - d. compete in the Trials in the event in which they wish to be selected with the following exceptions:
 - i. Athletes in the 10,000m and Combined Events;
 - ii. Athletes who may want to double up at the European Athletics U23 Championships do not have to compete in their second event at the Trials. Athletes must inform the Selection Panel (“the Panel”) prior to the selection meeting of their desire to double up and in which events. The Panel will consider any athlete’s second event as discretionary selection in round 2 (as described in paragraph 8).
 - iii. Athletes that hold the current 2025 World Championships qualification standard in their given event may be granted for exemption for the trials as agreed by the Team Leader.
 - iv. Athletes selected to compete at the European Team Championships (Madrid) or the Mannheim International Relay.
 - e. sign the UKA 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 www.uka.org.uk/performance/british-athletics-teams-information/.
 - f. have completed the European Athletics ‘I Run Clean™’ anti-doping education programme via <https://www.irunclean.org/> and have a valid certificate number prior to the 2025 European Athletics U23 Championships selection meeting on 30 June 2025. Each certificate has a validity of two years.

QUALIFICATION

- To be considered as part of the selection process, qualification performances must be achieved between 00:00 (GMT) 1 January 2025 and 23:59 (BST) 29 June 2025.
- The UKA qualification standards are based on the potential to finish top 5 at the championships:

Men	Event	Women
10.30	100m	11.40
20.80	200m	23.30
46.00	400m	52.50
1'46.5	800m	2'03.0
3'38	1500m	4'12.5
13'36.0	5000m	15'50.0
29'20.00	10,000m	33'55.0
8'40.0	3000m S/C	9'55.0
43'00	10,000m Walk	48'00
13.70	110m H	13.20
50.00	400m H	57.00
2.18	High Jump	1.87
5.50	Pole Vault	4.30
7.75	Long Jump	6.50
16.15	Triple Jump	13.45
19.20	Shot	16.50
58.50	Discus	54.00
71.50	Hammer	66.00
77.50	Javelin	55.00
7800	Decathlon/Heptathlon	5900

SELECTION PROCESS

- The team will be selected on **30 June 2025**.
- The team will be announced on Thursday, 3 July 2025.
- A maximum of three athletes may be selected in each individual event. Up to 6 athletes may be selected for each relay event. The composition of those relay athletes must include the athletes who are selected in the relevant individual event. Any other athlete who is selected in any other event may then be able to participate in the relay event.
- UKA will select qualifying athletes up to a maximum team size of 40.
- Round 1 – automatic selections**
 - The 1st place of the individual Trials event (refer to the overview for details on all Trials events) will be automatically selected for the same event at the European Athletics U23 Championships, provided the relevant UKA qualification standard has been achieved by the athletes during the relevant qualification period;
 - Should the 1st place at the trials not be eligible for (or decline) selection or have not achieved the relevant qualification standard, their automatic place will NOT be offered to the next best placed eligible athlete(s) from the relevant Trial;
 - 10,000m and Combined event athletes who have achieved **all** of the following: the UKA qualification standard; competed at the trials and ranked number 1 U23 athlete in the UK.

9. Round 2 – all remaining eligible individual athletes:

- a. In this round the Panel will consider athletes who have:
 - i. Achieved the UKA qualification standard by the end of the qualification in the relevant event period.
 - ii. Demonstrated to the satisfaction of the Panel current form and fitness which suggests they are capable of performing at a level equal to (or exceeding) their qualification best or season's best (whichever is higher) , in line with the aims of the policy.
- b. If more athletes satisfy all of the criteria outlined in paragraph 9(a) above than there are places available (refer to paragraph 11 below), athletes will be selected based on the Panel's consideration of a combination of the some or all of the following criteria (which are not listed in priority order),
 - i. Current form and consistency.
 - ii. Position and performance at the Trials;
 - iii. Future individual medal potential at outdoor global events;
 - iv. Top 5 potential at the 2025 European Athletics U23 Championships;
 - v. Head-to-heads with other relevant athletes [within the qualification period.
 - vi. Previous major age-group competition history;
 - vii. Injury/health status;
 - viii. In respect of the relevant individual events, Relay contribution;
 - ix. Any other factors the panel deems relevant.

10. Round 3 – Relays;

- a. Based on the athletes selected for individual sprint/hurdles events in rounds 1 and 2, the Panel, may choose to select a team for each of the men's and women's 4x100m and 4x400m relays (which must include athletes selected for individual 100m and 400m events respectively) provided that the panel :
 - i. believes a sufficient number of athletes eligible for relay selection possess realistic potential to be key team members in future senior global medal winning relay teams.
- b. The number of athletes selected for each relay will be at the discretion of the Panel, in accordance with the European Athletics entry rules.
- c. Athletes will be selected based on the Panel's consideration of a combination of the following criteria (which are not listed in priority order), as well as any other factors that may be deemed relevant:
 - i. Current form;
 - ii. Trials performance
 - iii. Head-to-heads with other relevant athletes;
 - iv. Previous major competition history (in individual and relay events);
 - v. Relay skills;
 - vi. Injury status; and
 - vii. Engagement with the UKA relay programme(s);
- d. Athletes selected for the relay do not need to have achieved a UKA qualification standard but do need to have competed in the Trials in a relevant event.

11. Round 4

- a. In its entire discretion the 'Panel', may select additional individual athletes who the panel considers have realistic potential of being a Top 5 but who have not achieved a UKA qualification standard within the relevant qualification period provided they have **achieved the European Athletics qualification standard**.
 - b. Athletes may only be selected in this round if places remain unfilled in the relevant individual event.
 - c. Athletes will be selected based on the Panel's consideration of a combination of the following criteria (which are not listed in priority order) as well as any other factors that may be deemed relevant:
 - i. Current form and consistency of performances
 - ii. Position at the trials.
 - iii. Future individual medal potential at indoor or outdoor major events.
 - iv. Head-to-heads in 2025.
 - v. Previous major age-group competition history.
 - vi. Injury/health status.
12. The total number of athletes selected in rounds 2, 3 and 4 may be limited by regulations set by European Athletics, the Championship organisers, or by UKA.

PERFORMANCE CONDITIONS

13. Performances must be achieved during competitions organised or authorised by the World Athletics, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised. Performances must be achieved during competitions organised or authorised by the World Athletics, its Area Associations or its National Member Federations.
14. UK domestic competition performance will only be recognised if they are achieved in a UKA Level 2 Permit competition or higher see www.uka.org.uk/competitions/fixtures/ on the UKA competition permits.
15. The Race Walking performances achieved in road events must be achieved on World Athletics certified courses.
16. Performances achieved in the same individual event in a single day where that event is not an official Championship of UK national level or higher will only count as follows:
- a. In track events only the fastest legal result of the day;
 - b. In throwing events only the best performance of the first competition of the day;
 - c. In horizontal jumps only the best performance of the first competition of the day, unless every mark achieved by the athlete was wind-assisted in which case the best trial in a second competition held under non-wind-assisted conditions will count.
17. Performances achieved in mixed events between male and female participants, held completely in a stadium, shall not be accepted.
18. Wind-assisted performances (or performances achieved at events where wind measurement was not available) will not be accepted. The interpretation of a wind assisted Combined Events performance will be based on the most recent version of the World Athletics rule book (at the time of selection), unless the relevant organising committee state otherwise.
19. Hand-timed performances in 100m, 200m, 400m, 800m, 100m/110m Hurdles, 400m Hurdles and 4 x100m relay will not be accepted.

20. Indoor performances for all field events and for races of 400m or longer will be accepted.
21. 100m, 200m, 400m, 110m/100m hurdles and 400m hurdles performances at altitudes of above 950m will not be accepted.

APPEALS

22. There shall be no right of appeal to the selection of the GB&NI Team made by the Panel. The provisions of the UKA Selection and Nomination "Fast" Appeals Procedure do not apply to the GB&NI team selections for the 2025 European Athletics U23 Championships.

AMENDMENT

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

APPENDX 1- ATHLETE CONTRIBUTIONS

- The European Athletics U23 Championships 2025 is one of the events that requires a joint funding approach in order to support the participation of GB teams. An Athlete Contribution will be required to support the costs associated with competing at the championships including, but not limited to transfers, accommodation, meals, support services, transport
- Upon selection, athletes must agree to the principle of selection and participation being conditional on making the agreed financial participation – the 'Athlete Contribution'.
- The Athlete Contribution for the Championships will be no more than **£200 per athlete**.
- Team membership will be conditional on agreeing the terms in the Team Members' Agreement.
- Athletes will be required to pay a deposit on acceptance of their place on the team.
- Once athletes have signed the agreed selection letter, they will receive all championship kit prior to the agreed assembly point.
- We recognise that the financial commitment associated can present challenges for some athletes. To address this, the UKA Performance Pathway team is committed to working closely with athletes facing financial hardship to explore solutions that enable their involvement.
- For any further questions or queries please contact agegroupchampsinfo@britishathletics.org.uk