



**Athletics Ireland
Entry Standards 2009**

European Indoor Championships 2009 Turin, Italy March 06-08

QUALIFICATION STANDARDS

- An athlete should achieve the qualification standards below in order to be considered for selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Hand timed performances will not be accepted
- Performances on oversized tracks will not be accepted

Men	Event	Women
6.75	60m	7.40
7.78	60mH	8.20
47.20	400m	53.70
1.48.80	800m	2.04.00
3.43.00	1500m	4.16.00
7.54.00	3000m	9.05.00
2.25	High Jump	1.90
5.55	Pole Vault	4.20
7.80	Long Jump	6.40
16.50	Triple Jump	13.50
19.00	Shot Put	17.00

SELECTION GUIDELINES

- The provisional team will be selected following the National Championships in the Odyssey, Belfast
- The winner of National Championships will be selected provided the standard has been achieved
- Selection consideration will be based on the display of current form and performance at national championships
- Selection consideration may be given to an athlete who achieved the standard in 2008 provided current form has been displayed

36th IAAF World Cross Country Championships 2009 Amman, Jordan 28th March

SELECTION GUIDELINES

- Selections will be made after the National Inter-Club Championships
- The winner of the Men's and Women's Senior race in the Championships will be selected automatically
- An athlete having a top 10 finish in the European Cross Country 2008 in the same category as they intend to compete in the World Cross Country 2009 will be provisionally selected dependant on current fitness.
- Additional individuals may be selected by the selection committee, based on performance. Participation in National Inter-Club Championships and current form are critical

European Youth Olympic Festival 2009 Tampere, Finland July 20-26

TEAM COMPOSITION

- To be agreed with OCI

QUALIFICATION STANDARDS

- The qualification period is from January 01st 2008 to a date which has yet to be decided in conjunction with the Olympic Council of Ireland
- Selection will be based on the achievement of the qualification standards. The achievement of a standard does not guarantee selection
- In order to be considered for selection an athletes performance must be achieved in an IAAF sanctioned event conformity with IAAF rules
- Wind assisted performances will not be accepted
- Hand timed performances will not be accepted
- Indoor performances will be considered
- Performances in mixed events will not be accepted

Men	Event	Women
11.10	100m	12.20
22.40	200m	25.20
50.00	400m	56.50
1.56.00	800m	2.12.00
3.59.00	1500m	4.33.00
8.40.00	3000m	9.50.00
6.07.00	2000m S/C	
14.80(0.914)	110mH/100m H	14.40(0.762)
54.80(0.840)	400m H	62.00(0.762)
	300m H	43.00
2.02	High Jump	1.73
4.50	Pole Vault	3.30
6.85	Long Jump	5.80
14.30	Triple Jump	11.90
16.00	Shot	12.50
48.00	Discus	41.00
58.00	Javelin	44.00

World Youth Championships 2009 Bressanone, Italy July 8-12

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement a standard does not guarantee selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted
- Performances in mixed events will not be accepted
- Indoor performances will be considered

SELECTION CRITERIA

- The focus for the year is on the EYOF, only exceptional athletes will be selected in consultation with their coach
- Selection will be based on proof of current form and medical fitness
- A preliminary selection will be made in conjunction with selection of the EYOF team

Men	Event	Women
10.95	100m	12.10
22.00	200m	24.80
49.20	400m	56.00
1.54.50	800m	2.10.00
3.56.00	1500m	4.30.00
8.35.00	3000m	9:50.00
6.02.00	2000m S/C	6.50.00
14.30(0.914)	110mH/100m H	14.20(0.766)
54.50(0.840)	400m H	61.50(0.762)
47.10.00	10000/5000m Walk	25.00
2.05	High Jump	1.75
4.60	Pole Vault	3.65
7.10	Long Jump	5.95
14.60	Triple Jump	12.25
17.40	Shot	13.50
52.00	Discus	43.00
60.00 5kg	Hammer	49.00
60.00	Javelin	44.00
5500	Combined Events	4750

European Athletics Junior Championships
Novi-Sad, Serbia 23-26 July 2009

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement a standard does not guarantee selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted
- Performances in mixed events will not be accepted
- Indoor performances will be considered

Men	Event	Women
10.75	100m	12.00
21.75	200m	24.60
48.50	400m	55.30
1:51.50	800 m	2:09.00
3:51.00	1500 m	4.27.00
-	3 000 m	9:46.00
14:45.00	5 000 m	17:00.00
31.00.00	10 000 m	-
9:12.00	3000m Steeple	10:45.00
14.80 (1,067) – 14.35 (0,99)	110m / 100 m H	14.20
53.75	400m H	61.00
2.12	High Jump	1.79
5.00	Pole Vault	3.80
7.40	Long Jump	6.05
15.30	Triple Jump	12.80
16.00 = 7.26kg / 17.60 = 6kg	Shot Put	13.80
50.00 = 2kg / 54.00 = 1.75kg	Discus Throw	47.00
60.00 = 7.26kg / 65.00 = 6kg	Hammer Throw	55.00
66.00	Javelin Throw	48.50
Junior implements 7000 Senior implements 6850	Decathlon / Heptathlon	5150
45:00.00	Walk 10000m	52:00.00
NES	4x100m & 4x400m	NES

Entry Standards Euro U23 2009 Kaunas, Lithuania 16-19 July

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement a standard does not guarantee selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted
- Performances in mixed events will not be accepted
- Indoor performances will be considered

Men	Event	Women
10.60	100m	11.85
21.40	200m	24.10
47.40	400m	54.20
1:49.20	800m	2:08.00
3:45.00	1500m	4:25.00
14:12.50	5000m	16:50.00
29:45.00	10000m	35:00.00
8:55.00	3000m Steeple	10:30.00
14.30	110m / 100m H	13.85
52.20	400m H	59.50
2.18	High Jump	1.83
5.25	Pole Vault	3.85
7.65	Long Jump	6.15
15.80	Triple Jump	13.00
17.60	Shot Put	15.00
55.00	Discus Throw	50.00
65.00	Hammer Throw	60.00
70.00	Javelin Throw	50.00
7400	Decathlon / Heptathlon	5500
1:28.00	Walk 20km	1:43.00
NES	4x100m & 4x400m	NES

**FISU Universiade – World University Games 2009
Belgrade, Serbia July 6-11**

QUALIFICATION STANDARDS

- The achievement of a standard does not guarantee selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted

Men	Event	Women
10.50	100m	11.70
21.10	200m	23.70
46.90	400m	53.30
1.48.50	800m	2.03.50
3.42.00	1500m	4.14.50
13.50.00	5000m	16.00.00
29.00.00	10000m	33.30.00
14.00	110H / 100m H	13.50
51.20	400m H	58.00
8.45.00	3000m Steeplechase	-
1.27.00	20k Walk	1.41.00
1.07.00	Half Marathon	1.18.00
2.20m	High Jump	1.85m
7.80m	Long Jump	6.30m
16.00m	Triple Jump	13.30m
5.25m	Pole Vault	4.10m
58.00m	Discus	53.00m
73.00m	Javelin	53.00m
18.00m	Shot Putt	16.50m
70.00m	Hammer	62.00m
40.00	4 x 100m	45.50
3.10.00	4 x 400m	3.35.00
7400pts	Decathlon / Heptathlon	5750pts

**12th IAAF World Championships In Athletics
Berlin, Germany – 15-23 August 2009**

Entry Standards

Men		Event	Women	
A Standard	B Standard		A Standard	B Standard
10.21	10.28	100m	11.30	11.40
20.59	20.75	200m	23.00	23.30
45.55	45.95	400m	51.50	52.30
01:45.4	01:46.6	800m	02:00.0	02:01.3
03:36.2	03:39.2	1500m	04:06.0	04:09.0
13:20.0	13:29.00	5000m	15:10.0	15:25.0
27:47.0	28:12.0	10,000m	31:45.0	32:20.0
2H15:00		Marathon	2H35:00	
08:23.0	08:33:50	3000m SC	09:40.0	09:48.0
13.55	13.62	110m H /100m H	12.96	13.11
49.25	49.80	400m H	55.50	56.55
2.31m	2.28m	High Jump	1.95m	1.91m
5.70m	5.55m	Pole Vault	4.45m	4.35m
8.15m	8.05m	Long Jump	6.72m	6.62m
17.10m	16.65m	Triple Jump	14.20m	14.00m
20.30m	19.90m	Shot Putt	18.20m	17.20m
64.50m	62.50m	Discus Throw	62.00m	58.50m
77.50m	74.30m	Hammer Throw	70.00m	67.50m
81.00m	78.00m	Javelin Throw	61.00m	59.00m
8000pts	7730pts	Decathlon /Heptathlon	6100pts	5900pts
01:22:30	01:24:20	20Km Race Walk	01:33:30	01:38:00
03:58:00	04:02:00	50km Race Walk		
39.1		4x100m	43.9	
03:03.3		4x400m	03:31.0	

European Cross Country Championships 2009 Santry, Dublin 13th December

TEAM COMPOSITION

The team for the European Cross Country will be comprised of a full team of six athletes in each of the following categories:

Junior Men	&	Junior Women
U23 Men	&	U23 Women
Senior Men	&	Senior Women

SELECTION GUIDELINES

- The team will be selected after the National Inter-Country Championships
- First 3 across the line will be automatically selected in each event - in the case of the U23 event the top three U23 athletes in the senior race will be selected
- Three additional athletes will be selected by the selection committee
- Current form and participation in National Championships is important for selection
- Any athlete who does not fulfil the above selection criteria will not be selected