

Balkan U18 Championships
14 July 2019, Istanbul, Turkey

Entry Standards

| BOYS | EVENT | GIRLS |
|----------------|--------------------|----------------|
| 11.50 | 100m | 13.15 |
| 51.80 | 400m | 1:00.00 |
| 2:03.00 | 800m | 2:21.00 |
| 4:12.00 | 1500m | 4:55.00 |
| 9:26.00 | 3000m | 10:41.00 |
| 14.90 (0.914) | 110/100m Hurdles | 16.00 (0.762) |
| 6:48.00 | 2000m Steeplechase | 8:03.00 |
| NES | 4 x 100m Relay | NES |
| 1.94 | High Jump | 1.63 |
| 6.65 | Long Jump | 5.20 |
| 13.50 | Triple Jump | 11.40 |
| 15.80 (5 kg) | Shot Put | 12.30 (3 kg) |
| 44.90 (1.5 kg) | Discus Throw | 33.14 |
| 65.50 (5 kg) | Hammer Throw | 47.00 (3 kg) |
| 56.70 (700 gr) | Javelin Throw | 35.80 (500 gr) |

Entry Rules

Each country may compete with two athletes per event and one team in each relay;

There will be no “out of competition” athletes coming from Balkan Member Federations;

Only athletes aged at least 16 (sixteen) and not more than 17 (seventeen) years on 31 December of the year of the competition may participate in the Balkan U18 Championships;

Each Member Federation shall have a guaranteed number of 8 athletes to be allowed to take part in the Balkan U218 Championships, even though some or all of them haven’t achieved the entry standards

Conditions for validity of performances:

- Performances must be achieved between 01 January 2018 and 9 July 2019;
- Performances must be achieved during official competitions organised in conformity with IAAF Rules;
- Wind-assisted performances will not be accepted;
- Hand-timed performances in 60m, 100m, 400m, 800m, 60m Hurdles, and 100m/110m, Hurdles will not be accepted;
- For the running events of 400m and over, performances achieved on oversized tracks will not be accepted