

Balkan Senior Championships
2 – 3 Sept 2019, Pravets, Bulgaria

Entry Standards

MEN	EVENT	WOMEN
10.75	100m	11.95
21.45	200m	24.40
47.90	400m	54.50
1:51.00	800m	2:13.00
3:53.00	1500m	4:45.00
8:40.00	3000m	10:11.00
15:25.00	5000m	19:11.00
9:31.00	3000m Steeplechase	12:22.00
14.70	110m/100m Hurdles	14.00
53.85	400m Hurdles	62.40
NES	4x100m Relay	NES
NES	4x400m Relay	NES
2.10	High Jump	1.80
4.80	Pole Vault	3.80
7.20	Long Jump	6.00
14.60	Triple Jump	12.75
18.30	Shot Put	12.75
55.70	Discus Throw	42.00
50.80	Hammer Throw	45.00
51.37	Javelin Throw	41.00
NES	Decathlon / Heptathlon	NES

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 19 (nineteen) years on 31 December of the year of the competition may participate in the Balkan Senior Championships;

Each Member Federation shall have a guaranteed number of 10 athletes to be allowed to take part in the Balkan Senior 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 27 August 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