

Entry Standards

Event	Men	Women
5000m	13:54.10	16:05.83
10,000m	29:22.83	33:57.85
3000m steeple	8:52.91	10:20.80
10km	29:14	33:39
Half Marathon	1:04:29	1:14:41
Marathon	2:15:25	2:36:55

Team entries (men and women):

Each European Athletics Member Federation may enter 1 (one) team comprising a maximum of 6 (six) athletes (of whom 3 (three) will score) in each event provided that each athlete has achieved the relevant qualifying standard.

In case a Member Federation participates with two athletes who have achieved the entry standard a third athlete may be allowed to take part without entry standard in order to complete a scoring team of 3 (three).

Qualification standards:

- The qualifying times shall be those equal to the 100th (one hundredth) in the European best lists in 10,000m, 5000m, 3000m Steeplechase, 10km, half marathon and marathon of the year 3 (three) years preceding that in which the respective European 10,000m Cup will be held.
- Performances must be achieved in bona fide competition between the **1 January 2020 and 17 May 2022**.
- Alternatively an athlete shall be qualified by having finished in the first 50 (fifty) in any one of the 3 (three) last IAAF World Cross Country Championships held prior to the closing date for Final Entries; or in the first 20 (twenty) in the Senior events of the European Cross Country Championships held in the year preceding the European 10,000m Cup; or in the first 10 (ten) in the Under 23 events of the European Cross Country Championships held in the year preceding the European 10,000m Cup.

Individual Entries

Each European Athletics Member Federation not entering a team in an event may enter athletes to participate as individuals provided that each athlete has achieved the relevant entry standard.

Only Member Federations which have no athletes with entry standards may enter 1 (one) athlete in each event, even if he/she has not fulfilled the entry standards, provided that such Member Federation has participated in the preceding year's European Team Championships.

Seeding

The seeding of the athletes in the A and B races is done by the Technical Delegate. Priority is given to athletes who have a reference on 10,000m and on events run on a track.