



Welsh Senior Outdoor Track & Field Championships

Standards 2025

To create a better quality experience for our athletes and officials we are introducing standards and maximum numbers across **some** of our disciplines for the upcoming **Senior** Outdoor Track Field Championships on the 28th and 29th June 2025.

Sold out events will have a waiting list, athletes on the waiting list will be invited based on their quickest performance in the last two years.

We encourage **everyone** with an interest in competing to express their interest via our form, whether they have hit the standard or not, as athletes will be **considered** if maximum numbers aren't hit.

Standards must be achieved after 1st January 2023.

The following standards and maximum numbers will be in place:

EVENT	STANDARD		MAX NUMBER	
	MALE	FEMALE	MALE	FEMALE
100m	11.50	13.00	64	64
200m	23.20	26.50	48	48
400m	53.00	64.00	48	48
800m	2:02	2:22	50	50
1500m	4:08	4:50	45	45
5000m	16:30	20:00	25	25
5000m Walk	-	-	-	-
3000m S/C	-	-	-	-
110/100m Hurdles	-	-	24	24
400m Hurdles	-	-	24	24
High Jump	1.70	1.55	16	16
Pole Vault	3.40	2.60	20	20
Long Jump	6.00	5.25	20	20 (40)
Triple Jump	12.00	10.10	16	16
Shot Put	10.40	10.00	16	16
Discus	35.00	28.00	16	16
Hammer	-	28.00	16	16
Javelin	38.00	27.50	16	16

Any questions please email competitions@welshathletics.org