

Welsh Senior Outdoor Championships

Incorporating British U23 Trials

Medals

Medals will be presented to the top three athletes in the competition. If the top three are all non-Welsh, additional medals will be awarded to the top three Welsh athletes.

- On the track, if a Welsh top three cannot be determined based on the final, the medals will be awarded based on times in the semi-finals. Heats will not be considered.
- On the field, if a Welsh top three cannot be determined based on the top eight (who receive six trials), medals will be awarded based on athletes first three trials.
- In High Jump and Pole Vault, all medals will be based on final positions.

If the top three athletes are Welsh, no further medals will be given to non-Welsh competitors.

Long Jump Pools

Due to high demand, the Women's Long Jump field has been split into two pools.

- A Pool: Longer jumpers will have three trials, with the top eight receiving an additional three trials.
- B Pool: All senior athletes will receive three jumps.

The pools will run consecutively on the same pit, to ensure continuity with conditions as much as possible.

The Men's competition will run as a single pool, with all athletes receiving three jumps and the top eight receiving an additional three.

Pole Vault Pools

To best support all athletes, both the Men's and Women's Pole Vault competitions will be split into two pools. This allows for shorter competitions and better progressions. The pool containing athletes with lower personal bests (PBs) will be combined with the U17 competition.

Progressions will be set in advance in collaboration with the Competition Director, Welsh Athletics Performance Team, and UKA Performance Team.

5000m Races

The Men's 5000m will be split into 2 races based on track Personal Bests (PB's), they will operate as A & B Finals, with all athletes eligible for Open & Welsh medals based on finishing times.

British U23 Trials

- The winner of the U23 trials will be eligible for Automatic Round 1 selection, provided they meet UKA eligibility requirements, have achieved the UKA standard, and are the highest-placed U23 athlete in the relevant final.
- If no U23 athlete qualifies for a final, then no U23 athletes will be eligible for Automatic Round 1 selection in that event.
- Full details of the selection process can be found here: [Microsoft Word - 2025 European U23 Champs Selection Policy v7 DW Final](#)

Any questions regarding the U23 Trial or selection policy please contact agegroupchampsinfo@britishathletics.org.uk

Any questions regarding the Welsh Championships and event management please contact competitions@welshathletics.org