



MINIMUM QUALIFYING STANDARDS

3rd Virtus Open European Athletics Championships 2024 Uppsala

EVENT	II1		II2 – Additional Physical		II3 - HF Autism	
	Men	Women	Men	Women	Men	Women
100 m	12.00	14.50	Open	Open	Open	Open
200 m	24.30	31.50	Open	Open	Open	Open
400 m	55.00	74.00	Open	Open	Open	Open
800 m	2:10.00	2:45.00	Open	Open	Open	Open
1 500 m	4:15.00	5:40.00	Open	Open	Open	Open
3 000 m		13:30.00			Open	Open
5 000 m	17:00.00	22:30.00				
10 000 m	42:00.00					
100m Hurdles		21.50				
110m Hurdles	20.00					
400m Hurdles	74.00	89.00				
3k Steeplechase	12:30.00	14:40.00				
Race Walk 5000m	32:00.00	36:50.00	Open (1500m)	Open (1500m)		
Pole Vault	1.80m	1.60m				
High Jump	1.65m	1.25m				
Long Jump	5.80m	4.20m	Open	Open	Open	Open
Triple Jump	11.00m	8.00m				
Shot Put	10.50m (7.26kg)	8.80m (4kg)	Open (4kg)	Open (3kg)	Open (6kg)	Open (4kg)
Discus	25.00m (2kg)	16.00m (1kg)	Open (1kg)	Open (750g)	Open (1.5kg)	Open (1kg)
Javelin	35.00m (800g)	18.00m (600g)	Open (600g)	Open (400g)	Open (700g)	Open (600g)
Hammer	21.00m	22.00m				
4x100 m Relay	1 x country	1 x country	1 x country	1 x country		
4x400 m Relay	1 x country	1 x country				
Multi	Open	open	open	Open		

*Hurdle Heights: II1 100m H 0.84, 110m H 0.91, 400m H 0.84 (men), 0.76 (women).
Steeple Heights: 2000m 0.762 (women), 3000m 0.914m (men).*