2025 Athletics Performance Standards for Selection Consideration

In line with Sport Excel UK's commitment to selecting athletes performing at a world-class level, the following UK Performance Standards have been set to guide athletes and coaches preparing for Virtus international athletics championships.

These standards reflect Sport Excel UK's strategic objective to ensure consistency across event disciplines, and to support athlete progression from European to World Championship level.

Selection Consideration Standards:	
World Championships	650 points
European Championships	600 points

These performance benchmarks are based on the **World Athletics Points Scoring Tables (2022 Edition)**, which provide a recognised and comparable framework across all disciplines.

Note: While Raza Points are referenced in WPA regulations, they do not offer full coverage of the Virtus track and field programme and therefore are not used in Sport Excel UK's selection standards.

Important Clarifications:

- Meeting the UK standard **does not guarantee selection**.
- These standards are **higher than the Virtus Minimum Entry Standards**, reflecting the competitive level expected of GB athletes
- Athletes must also meet all other eligibility and selection criteria as outlined in the relevant **Sport Excel UK Selection Policy** for the specific championship, including: Qualification periods; Maximum athlete quotas per event; National and international eligibility and classification

Athletes who meet or exceed the UK standard are encouraged to express their interest in selection. Those who are not yet at this level can use these targets to guide their performance planning.

For full details, athletes and coaches must refer to the appropriate Selection Policy, available on the Sport Excel UK website.

Please see the table below.

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Please read alongside notes above and the Championship Selection Policy

	MEN		WOMEN	
	Worlds 650pts	Europeans 600pts	Worlds 650pts	Europeans 600pts
100m	11.86	12.07	13.9	14.22
200m	24.18	24.63	28.47	29.14
400m	53.76	54.75	01:06.0	01:07.7
800m	02:04.2	02:07.0	02:32.8	02:36.6
1500m	04:18.6	04:23.5	05:19.7	05:28.4
5000m	15:56.3	16:15.3	20:03.1	20:38.3
10000m	33:56.2	34:39.9		
110/100H	16.59	16.95	17.22	17.72
400H	01:01.0	01:02.4	01:14.2	01:16.4
3k SC	10:31.9	10:47.1	13:29.1	13:56.6
5k RW	0:25:20	0:26:06	28:44:00	0:29:40
Pole Vault	3.71	3.51	2.97	2.81
High Jump	1.69	1.63	1.41	1.35
Long Jump	5.71	5.47	4.37	4.13
Triple Jump	12.07	11.58	9.34	8.83
Shot Put	12.06	11.22	11.03	10.22
Discus	37.53	34.78	36.99	34.25
Javelin	48.08	44.53	36.77	34.04
Hammer	44.17	40.91	42.41	39.28

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