

### 3. ENTRY STANDARDS

The following entry standards will apply for the 2026 edition of the Championships of the Small States of Europe:

<b>Women</b>		<b>Men</b>	
100m	<b>12.24</b>	100m	<b>10.94</b>
200m	<b>25.24</b>	200m	<b>22.24</b>
400m	<b>57.64</b>	400m	<b>49.64</b>
800m	<b>2:17.00</b>	800m	<b>1:54.00</b>
1500m	<b>4:41.00</b>	1500m	<b>3:54.00</b>
5000m	<b>17:40.00</b>	5000m	<b>14:40.00</b>
100mH	<b>14.84</b>	100mH	<b>15.14</b>
400mH	<b>65.44</b>	400mH	<b>55.24</b>
Pole Vault	<b>3.40</b>	Pole Vault	<b>4.80</b>
High Jump	<b>1.68</b>	High Jump	<b>2.01</b>
Long Jump	<b>5.60</b>	Long Jump	<b>7.00</b>
Shot Put	<b>12.00</b>	Shot Put	<b>14.40</b>
Javelin Throw	<b>40.00</b>	Javelin Throw	<b>61.00</b>

Swedish Relay (100m, 200m, 300m, 400m) - No entry standard

### 4. QUOTAS

Further to 2.5. and 2.6, a maximum of 16 athletes and 5 officials will be accountable for the purpose of the accommodation subvention, according to the following ratio of officials:

<b>Number of Athletes From - to</b>	<b>Number of Team Officials Up to:</b>
1 - 4	1
5 - 7	2
8 - 10	3
11 - 14	4
15 - 18	5

No contribution shall be made in respect of athletes and officials representing the host European Athletics Member Federation.