

**Balkan Senior Championships**  
**22 – 23 July 2023, Kraljevo, Serbia**

**Entry Standards**

ΑΝΔΡΕΣ	ΑΓΩΝΙΣΜΑ	ΓΥΝΑΙΚΕΣ
10.72	100μ	11.90
21.30	200μ	24.75
46.90	400μ	56.30
1:50.30	800μ	2:06.90
3:46.70	1500μ	4:24.50
8:33.60	3000μ	9:50.00
15:21.00	5000μ	17:32.50
8:45.00	3000μ στιπλ	10:44.00
14.80	110μ/100μ εμπόδια	13.98
53.80	400μ εμπόδια	59.30
/	4x100μ	/
/	4x400μ	/
2.05	Ύψος	1.80
4.80	Επί κοντώ	3.40
7.50	Μήκος	6.08
15.45	Τριπλούν	13.20
17.85	Σφαιροβολία	12.70
57.25	Δισκοβολία	50.00
69.50	Σφυροβολία	60.00
60.00	Ακοντισμός	45.00

## **Entry Rules**

Each country may compete with two athletes per event and one team in each relay;

There will be no “out of competition” athletes coming from Balkan Member Federations.

Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the Balkan Senior Championships.

Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put (men) and Hammer Throw (men).

Each Member Federation shall have a guaranteed number of 10 athletes (5 male and 5 female) to be allowed to take part in the Balkan Senior Championships, even though some or all of them haven't achieved the entry standards.

### **Conditions for validity of performances:**

- Performances must be achieved between 01 January 2022 and 16 July 2023;
- Performances must be achieved during official competitions organized in conformity with World Athletics Rules;
- Wind-assisted performances will not be accepted;
- Hand-timed performances in 60m, 100m, 400m, 800m, 60m Hurdles, and 100m/110m, Hurdles will not be accepted;
- For the running events of 400m and over, performances achieved on oversized tracks will not be accepted