

APPENDIX 1

**BALKAN SENIOR CHAMPIONSHIPS**  
**26-27 July 2025, Volos, Greece**  
**ENTRY STANDARDS**

EVENT	TARGET	SENIOR MEN	SENIOR WOMEN
100m	40	11,13	12.74
200m	32	22,56	26.02
400m	24	50,14	59.62
800m	24	1:56.47	2:18.84
1500m	20	4:00.41	4:48.14
3000m	20	8:37.05	10:21.40
5000m	15	14:46.84	17:54.33
100m H	24	-	15.38
110 m H	24	15,26	-
400m H	24	56,04	1:06.16
3000m SC	15	9:36.21	11:48.45
4x100m	16	43,27	51.28
4x400m	16	3:24.26	4:06.72
4x400m MIX	N/A	3:28.13	
HJ	12	1.92	1.62
PV	12	4.46	3.64
LJ	12	6.66	5.31
TJ	12	14.01	11.36
SP	12	15.44	14.26
DT	12	48.50	47.93
HT	12	57.18	54.89
JT	12	62.26	47.64
DEC		6192	-
HEP	12	-	4840

**ENTRY RULES & CONDITIONS**

- Each country can enter 2 men and 2 women athletes without an Entry Standard in the competition. They can compete in only one event.
- Entry Standard Achieving Period: From 1st April of the previous year until the Final Entry Deadline.

ΕΠΙΣΗΜΟΙ ΧΟΡΗΓΟΙ ΣΕΓΑΣ

ΜΕΓΑΛΟΙ ΧΟΡΗΓΟΙ ΣΕΓΑΣ



-Each Member Federation shall have a guaranteed number of 2 men and 2 women athletes to be allowed to take part in the Balkan Athletics Championships, even though have not achieved the entry standards. If Member Federation enter 1 (one) men/women with entry standard, they can enter only 1 (one) men/women without entry standard. If Member federation enters 2 (two) or more men/women with entry standard, they cannot enter any men/women without entry standard.

-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).

ΕΠΙΣΗΜΟΙ ΧΟΡΗΓΟΙ ΣΕΓΑΣ



ΜΕΓΑΛΟΙ ΧΟΡΗΓΟΙ ΣΕΓΑΣ

