

EBAL Championships Qualifying Standards 2026

Average of 16th (or last if less than 16) place qualifier or finisher from last 5 EBAL Championships, dropping the best and worst marks

Varsity		Frosh/Soph*
5:38.29	G1600	6:04.32
4:34.50	B1600	4:50.77
18.71	G100H	22.26
18.08	B110H	22.05
64.86	G400	68.94
53.57	B400	56.74
13.31	G100	14.07
11.54	B100	12.17
2:34.43	G800	2:51.04
2:04.65	B800	2:13.44
53.20	G300H	62.80
44.86	B300H	52.91
27.71	G200	29.58
23.42	B200	25.03
12:30.80	G3200	14:53.69
9:57.70	B3200	10:52.99
4-5	GHJ	4-00
7-0	GPV	6-00
14-8.25	GLJ	12-4.0
29-5.5	GTJ	26-10.0
26-1.25	GSP	18-7.25
76-10	GDT	48-9
5-4	BHJ	4-10
10-7	BPV	8-2
18-7.5	BLJ	16-8.5
37-6.25	BTJ	33-1.0
37-7.75	BSP	32-3.25
108-11	BDT	78-0

* Due to the 2024 EBAL Track & Field Frosh/Soph Championships being canceled due to weather, the calculations use the 2018, 2019, 2022, 2023, and 2025 Championships