



ESAA

English Schools' Athletic Association

In preparation for the ESAA 2026 Track and Field Championships the additional standards for the Year 13/Under18/Under 16 long and sprint hurdles recommended standards have now been set. These standards along with all the event standards will be reviewed in preparation for 2027 Championships.

ESAA Sprint and Long Hurdles Standards 2026			
BOYS	Event	National	Entry
U19 (Year 13)	110m Hurdles	14.8s	15.6s
U19 (Year 13)	400m Hurdles	55.5s	58.0s
U18 Boys (Year 11/12)	110m Hurdles	14.7s	15.5s
U18 Boys (Year 11/12)	400m Hurdles	56.3s	58.5s
U16 Boys (Year 9/10)	100m Hurdles	13.9s	14.4s
U16 Boys (Year 9/10)	300m Hurdles	41.5s	43.0s
GIRLS			
U19 (Year 13)	100m Hurdles	14.8s	15.5s
U19 (Year 13)	400m Hurdles	64.5s	66.0s
U18 Girls (Year 11/12)	100m Hurdles	14.7s	15.5s
U18 Girls (Year 11/12)	400m Hurdles	65.0s	67.0s
U16 Girls (Year 9/10)	80m Hurdles	11.9s	12.2s
U16 Girls (Year 9/10)	300m Hurdles	45.5s	47.0s

8th May 2026