



**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.

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

8<sup>th</sup> May 2026