

ENTRY RULES

• Entries by Event

- A maximum of one team from any one Member can compete in each relay event and a maximum of eight athletes may be entered for each Relay Team.
- $\circ\;$ Any four athletes among those entered for the competition, may then be used in the composition of the team.
- In the 2x2x400m a maximum of four athletes may be entered for each Relay Team. Any two athletes among those entered for the competition, may then be used in the composition of the team.

• Age Requirements

- Any athlete aged at least 16 on 31 December 2021 (born in 2005 or earlier) may compete.
- Athletes younger than 16 on 31 December 2021 (born in 2006 or later) may not compete.

ENTRY STANDARDS

Entry Standards are established for the 4x100m and 4x400m as follows:

Women:	4 x 100m:	43.90	Men:	4 x 100m:	38.80
	4 x 400m:	3:31.50		4 x 400m:	3:03.80

These Standards will target an ideal number of approximately 20 Teams to qualify. Performances will have to be achieved during the **qualification period** 1 January 2019 to 11 April 2021 (with the exception of the suspended period 6 April – 30 November 2020). The remaining Teams (up to 24) will be determined through the Top Lists in the same qualification period.

There will be no Entry Standards for the other relay events (4x200m, Mixed 4x400m, 2x2x400m and Shuttle Hurdles).

The Host Country may enter one team in each event regardless of any Entry Standard.

CONDITIONS FOR VALIDITY OF PERFORMANCES

- All performances must be achieved during the period **1** January 2019 to **11** April 2021 (with the exception of the suspended period 6 April 30 November 2020).
- All performances must be achieved during an official competition organised in **conformity with World Athletics Rules**.
- At least two different international teams, representing at least two countries, must compete in the race.
- All performances must be achieved during competitions organised or sanctioned by World Athletics, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.
- Indoor performances will be accepted.
- Hand-timed performances for the 4x100m will not be accepted.
- Performances achieved on over-sized tracks will not be accepted.