



**SEEDING, DRAWS AND QUALIFICATION
IN TRACK EVENTS AT
ENGLAND ATHLETICS OUTDOOR
CHAMPIONSHIPS**

UPDATED.....30/11/2023



General Principles - Outdoors

1. Preliminary rounds (heats / semi-finals) will be held in all track events in which the declared number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds. The same principles will apply to both male and female athletes in all age-groups.
2. Any seeding will be based on the number of declared athletes in an event not the number of entries.
3. The maximum number of rounds, for events up to and including 800m, will be three (first rounds, semi-finals and final) and the maximum number of rounds for events over 800m will be two (first round and final).
4. For all track events up to and including 800m, the following will apply:
 - (a) If there are three heats, or less, in the first round, then there will be no semi-finals
 - (b) If there are four heats in the first round, then there will be two semi-finals
 - (c) If there are five or more heats in the first round, then there will be three semi-finals.
5. For 800m:
 - (a) Every effort will be made to avoid three rounds of competition.
 - (b) The maximum number of runners in any race will be 10.
6. For Mile, 1500m, 1500m steeplechase and 2000m steeplechase:
 - (a) Unless there are exceptional circumstances, the recommended maximum number of runners in any race will be 14.
 - (b) If first round heats are held, only twelve athletes will qualify for the final.
7. For 3000m, 3000m steeplechase and 5000m:
 - (a) The maximum number of athletes in any race will be 24.
 - (b) If first round heats are held, only sixteen athletes will qualify for the final.
8. The following tables will be used, in the absence of extraordinary circumstances, to determine the number of rounds to be held, the number of heats in each round and the qualification procedure for each round of track events:

N.B.	H	Number of heats
	P	Qualifiers on position
	T	Qualifiers on time

100m, 200m, 300m, 400m, 75m hurdles, 80m hurdles, 100m hurdles, 110m hurdles, 300m hurdles, 400m hurdles

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-8									1
9-16	2	3	2						1
17-24	3	2	2						1
25-32	4	3	4		2	3	2		1
33-40	5	4	4		3	2	2		1
41-48	6	3	6		3	2	2		1
49-56	7	3	3		3	2	2		1
57-64	8	2	8		3	2	2		1
65-72	9	2	6		3	2	2		1
73-80	10	2	4		3	2	2		1
81-88	11	2	2		3	2	2		1

800m

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-8									1
9-16	2	3	2						1
17-24	3	2	2						1
25-32	4	3	4		2	3	2		1
33-40	5	4	4		3	2	2		1
41-48	6	3	6		3	2	2		1
49-56	7	3	3		3	2	2		1
57-64	8	2	8		3	2	2		1

Mile, 1500m, 1500m steeplechase and 2000m steeplechase

Declared Athletes	Round 1			Semi Finals			Final
	H	P	T	H	P	T	
1-14							1
15-28	2	6					1
29-42	3	4					1
43-56	4	3					1
57-70	5	2	2				1

3000m, 3000m steeplechase and 5000m

Declared Athletes	Round 1			Semi Finals			Final
	H	P	T	H	P	T	
1-24							1
25-48	2	8					1

9. Heat Allocation

- a. For the first round, the athletes shall be ranked with the seeding determined from the relevant list of valid performances achieved during the qualification period.
- b. After the first round for events up to 400m and relays up to and including 4 x 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner.
 - 2nd fastest heat winner.
 - 3rd fastest heat winner etc.
 - Fastest 2nd place.
 - 2nd fastest 2nd place.
 - 3rd fastest 2nd place etc.
 - (concluding with)
 - Fastest time qualifier.
 - 2nd fastest time qualifier.
 - 3rd fastest time qualifier etc.
- c. For other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performance achieved during the earlier round(s).

10 In each case the athletes shall then be placed in heats in the order of seeding in zigzag distribution, e.g., three heats would consist of the following seedings.

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

11. In each case the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

12 Draw for Lanes

- a. For the first round the lanes will be drawn by lot.
- b. After the first round athletes shall be ranked in accordance with procedure in 9b or in the case 800m 9c. Three draws for lanes will then be made.

i. For races on the straight

1. Three random draws will then be made:
 - a. One for the four highest ranked athletes to determine placings in lanes 3, 4, 5 and 6.
 - b. Another for the fifth and sixth ranked athletes to determine placings in lanes 2 and 7.
 - c. Another for the seventh and eighth ranked athletes to determine the placings in lanes 1 and 8.

ii. 200m

1. Three random draws will then be made:
 - a. One for the **three** highest ranked athletes to determine placings in lanes 5, 6, and 7.
 - b. Another for the fourth, fifth and sixth ranked athletes to determine placings in lanes 3, 4 and 8
 - c. Another for the two lowest ranked athletes to determine places in lanes 1 and 2.

iii. 400m, all relays up to and including 4 x 400m and 800m started in lanes.

1. Three random draws will then be made:
 - a. One for the four highest ranked athletes to determine placings in lanes 4, 5, 6 and 7.
 - b. Another for the fifth and sixth ranked athletes to determine placings in lanes 3, and 8.
 - c. Another for the two lowest ranked athletes to determine places in lanes 1 and 2.

c. For events with a single round (Final)

- i. Lanes shall be drawn by lot.

13. For events of 1500m and above all starting positions shall be drawn by lot.

14. Wherever possible, current information about the performance of all athletes will be considered and heats drawn, so that normally, the best performers reach the final. Information will be obtained from the Power of 10 Rankings to assist this process.
- 15 If the first round of an event, which is scheduled to progress directly to a final, is cancelled then the final will be held at the scheduled time of the first round.
- 16 In events up to and including 300m, where scheduled semi-finals are cancelled, the final will be held at the scheduled time of the semi-final. For all other events where a scheduled semi-final is cancelled the final will be run at the stated final time.