

TRACK & FIELD HANDBOOK 2026

COMPETITION GUIDE & TEAM SELECTION

PUBLISHED MARCH 2026 V1

MARK POLLARD
Head of Performance

scottishathletics | Laurie Liddell Clubhouse | 42 Peffermill Road | Edinburgh | EH16 5LL
W: www.scottishathletics.org.uk | E: performanceteam@scottishathletics.org.uk



scottishathletics 

Contents

- Selection Policy Overview
- Selection Committee & Procedures
- Events & Performances
- Eligibility
- Anti-Doping

- Scottish International Opportunities
- Loughborough International
- BIG Jumps International
- Shaun Pickering Throws International
- U20 International

Selection Policy Overview

The selection of teams for scottishathletics Track & Field International Representative Matches will be made by a Selection Committee which will consist of a Chair, who is not an employee of scottishathletics and whose appointment is agreed by the Board, two representatives from the Performance Team, two representatives appointed by Track and Field Commission (of whom one must sit on the Commission) and the scottishathletics official historian. Voting rights will be held by Head of Performance (or substitute) and one representative from Track & Field Commission and the Chair will have the casting vote. Track and Field Commission will appoint a secretary for minute taking purposes.

Their selection will be made according to the following criteria:

1. The scottishathletics eligibility rules shall apply. All athletes must have completed the necessary Eligibility process in advance of the selection date.
2. Athletes must be current members of scottishathletics on date of selection meeting.
3. Where the selection for an event involves an athlete with whom a selector is closely involved e.g. as Personal Coach, then the selector involved will play no part in the selection for that event.
4. Only athletes who will benefit from the standard of competition at a particular event will be selected and the selection committee has discretion to leave places empty if necessary.
5. The decision of the selectors is final. Any correspondence regarding selections must be forwarded to the Chair of Selectors via scottishathletics for response. No other response will be deemed official. (This correspondence must be received from the athlete themselves, or from a parent/guardian in the case of an U18 athlete.)
6. All international selections are dependent on athlete full acceptance of the terms of the International Athlete Code of Conduct issued to all selected athletes.
7. See the selection notes for each international for additional detail specific to the fixture.
8. Any athlete substitution resulting from changes in athlete availability, fitness status, injury, illness etc. occurring post-selection will be based on named reserves from the selection meeting. Any further substitutions that may be required beyond this are the responsibility of both the Performance Team and Selection Group.

Selectors will make their decisions based on nominations from the scottishathletics Performance Team, where appropriate, taking account of:

- The needs of the sport to continue to develop and retain athletes towards key senior outcomes.
- Current Scottish rankings and performances in nominated trial events (where appropriate).
- Current and, where applicable, head-to-head form.
- The nature and quality of the event at which performances were achieved e.g., presence of qualified officials, use of automatic timing/wind gauges, licensing status of facility etc.
- Consideration will be given to wind speeds in making athlete comparisons.
- Athlete availability.
- Any other relevant factors e.g., fitness status, ability to compete at the required level, commitment to and conduct at previous international opportunities.

Selection Committee & Procedure

Voting rights will be held by Head of Performance (or substitute) and one representative from Track & Field Commission and the Chair will have the casting vote.

The process of each selection is as follows:

- The selectors will call a meeting where the team will be selected. This will be on the designated selection date.
- Athletes will then be formally notified by email as soon as possible following the selections. A telephone call may also be made to speed up this process and allow travel confirmations to be made.
- A formal team announcement will then follow from the **scottishathletics** office, normally in the form of a press release and message on the website.
- Any questions related to selection should be addressed through the Chair by contacting the **scottishathletics** office.
- A condition of selection will be the requirement of athletes (or their parent/guardian/coach) to let the **scottishathletics** office know of their acceptance of selection – this must be within three days of receipt of the selection email or telephone call.
- Athletes will be contacted by selectors to agree their training and racing program up to the international and asked not to communicate selection in any way (e.g., on social media) prior to the formal team announcement.

International Programme Notes

Selectors have the discretion not to allocate all the places shown if it is considered that the event is not appropriate for the standard of athlete available.

It is essential that coaches and/or their athletes keep the selectors informed of their competition programme and their desire to be considered for selection. This is best done by e-mail or telephone:

Head of Performance	mark.pollard@scottishathletics.org.uk	07584 102980
Sprints, Hurdles, Relays	allan.scott@scottishathletics.org.uk	07824 015392
Field and Combined Events	sam.okane@scottishathletics.org.uk	07743 928626
Endurance	robert.hawkins@scottishathletics.org.uk	07903 179875
Para Events	pamela.robson@scottishathletics.org.uk	07827 343410
General	performanceteam@scottishathletics.org.uk	07756 883247

Please read these notes in conjunction with the background text and details of Selection Committee and Procedures.

Eligibility

Athletes will only be selected for National teams if they have completed the relevant eligibility process in advance of selection dates. The process for confirming eligibility can be found on the **scottishathletics** website:

<https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/scottish-eligibility/>

Anti-Doping

It is strongly recommended that all selected athletes undertake the '100% Me' UK Anti-Doping eLearning course.

To access the courses, you need to register on the UK Anti-Doping Clean Sport Hub. Your registration details will determine which course is appropriate. Athletes should select the 100% Me course. This course is currently free and can be accessed at Welcome to eNetLearn - eNetLearn (<https://ukad.enetlearn.com/Login/?c=82>).

There is a recommended requirement to complete this course every two years.

For record purposes, a copy of the course completion certificate is required to be sent to: performanceteam@scottishathletics.org.uk

Scottish International Opportunities Event Information

Loughborough International Loughborough University

Date	17 th May 2026
Selection Date	4 th May 2026
Number	Max of one per event
Athlete Contribution	N/A
Selection Notes	For more information, please refer to the Selection Information in this book. Selection will be based primarily on performances from the 2025 Season and 2026 Indoor Season. Consideration will also be given to early 2026 Outdoor Season form.
Other Information	Personal Coach Accreditation: TBC Athletes will be asked to book their own travel and a contribution will be made from scottishathletics . Accommodation will be provided.
Events	
Women	100m, 200m, 400m, 800m, Mile, 3000m, 3000m SC, 100mH, 400mH, 4 x 100m Paralympic 100m High Jump, Long Jump, Pole Vault, Triple Jump Paralympic Long Jump Hammer, Shot, Discus, Javelin
Men	100m, 200m, 400m, 800m, Mile, 3000m, 3000mSC, 110mH, 400mH, 4 x 100m Paralympic 100m, 400m, 1500m High Jump, Long Jump, Pole Vault, Triple Jump Paralympic Long Jump Hammer, Shot, Discus, Javelin
Mixed	4 x 400m (2 women, 2 men)

Scottish International Opportunities
Event Information
Bedford International Games BIGish (Jumps)
Bedford Athletics Stadium

Date | 25th May 2026
Selection Date | 11th May 2026
Number | N/A

Athlete Contribution | £50

Selection Notes | For more information, please refer to the Selection Information in this book. Outdoor performances from 2025 and Indoor/Outdoor performances from 2026 will be considered for selection purposes.

Please ensure that you read the Selection Information in this booklet.
Selection will be U18/U20/U23
Selection Standards
Male

Event	U18	U20	U23
High Jump	1.98	2.06	2.11
Pole Vault	4.59	4.88	5.21
Long Jump	6.90	7.23	7.42
Triple Jump	14.06	14.53	15.34

Para Jumps | Any athletes who wish to be considered for Para Jumps should contact pamela.robson@scottishathletics.org.uk or sam.okane@scottishathletics.org.uk for guidance on relevant consideration criteria.

Female

Event	U18	U20	U23
High Jump	1.73	1.76	1.81
Pole Vault	3.52	3.74	3.93
Long Jump	5.78	5.92	6.16
Triple Jump	11.88	12.21	12.63

Other Information | Personal Coach Accreditation: TBC
 Travel and accommodation will be provided by **scottishathletics**.

Events

Male | High Jump, Pole Vault, Long Jump, Triple Jump
Female | High Jump, Pole Vault, Long Jump, Triple Jump

Scottish International Opportunities
Event Information
Shaun Pickering International (Throws)
Loughborough University

Date | 7th June 2026
Selection Date | 25th May 2026
Number | N/A

Athlete Contribution | £50

Selection Notes

For more information, please refer to the Selection Information in this book. Outdoor performances from 2025 and Indoor/Outdoor performances from 2026 will be considered for selection purposes.

Please ensure that you read the Selection Information in this booklet.

Selection will be U18/U20/U23

Selection Standards

Male

Event	U18	U20	U23
Shot	15.30	15.68	16.32
Discus	47.58	48.88	51.07
Hammer	65.14	67.54	68.49
Javelin	57.65	61.20	68.74

Ambulant Shot Put	Any athletes who wish to be considered for Ambulant Shot, Discus and Javelin should contact pamela.robson@scottishathletics.org.uk or sam.okane@scottishathletics.org.uk for guidance on relevant consideration criteria.
Ambulant Discus	
Ambulant Javelin	

Female

Event	U18	U20	U23
Shot	12.81	12.15	13.54
Discus	36.41	40.68	44.38
Hammer	53.07	51.76	57.42
Javelin	41.90	42.75	47.02

Ambulant Shot Put	Any athletes who wish to be considered for Ambulant Shot, Discus and Javelin should contact pamela.robson@scottishathletics.org.uk or sam.okane@scottishathletics.org.uk for guidance on relevant consideration criteria.
Ambulant Discus	
Ambulant Javelin	

Please note that the above are "consideration standards" - all selections are subject to acceptance by the meeting director.

Other Information

Personal Coach Accreditation: TBC
 Travel and accommodation will be provided by **scottishathletics**.

Events

Male	Hammer, Javelin, Shot Put, Discuss, Ambulant Shot Put, Ambulant Discus, Ambulant Javelin
-------------	--

Female	Hammer, Javelin, Shot Put, Discuss, Ambulant Shot Put, Ambulant Discus, Ambulant Javelin
---------------	--

Scottish International Opportunities
Event Information
England Athletics U20 Championships
Bedford Athletics Stadium

Date	3 rd – 5 th July 2026
Selection Date	22 nd June 2026
Number	Max one per event
Athlete Contribution	N/A
Selection Notes	For more information, please refer to the Selection Information in this handbook. Selection will be based primarily on performances from the 2026 Outdoor Season, however consideration will also be given to 2026 Indoor Season form.
Other Information	Athletes will be asked to book their own travel and accommodation - a contribution will be made from scottishathletics towards each athlete's costs. Athletes are responsible for their own event entries – please see EA website here for further information: 2026 Championships - England Athletics

Events

Women	100m, 200m, 400m, 800m, 1500m, 3000m/5000m, 3000m SC, 100mH, 400mH High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin
Men	100m, 200m, 400m, 800m, 1500m, 3000m/5000m, 3000m SC, 100mH, 400mH High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin

Please note that events available are subject to change.