Boston eligibility checklist

You can beat your age-group standard and still miss the acceptance cutoff. The two numbers answer different questions.

Worked example

> A 4:00 buffer versus the published 2027 cutoff of 5:17 is 1:17 short. This comparison is only meaningful after checking the runner's eligibility and any applicable adjustments.

Your turn

1. Record target edition, race-day age, division and official qualifying standard.
2. Record qualifying race date, certified course and any applicable adjustment. Check the official qualifying window.
3. Calculate your buffer separately from any published acceptance cutoff. Leave a future cutoff blank until announced.

What I observed / what I will check next

2027 rules. Future cutoffs are unknown. Educational worksheet, not an individualized training prescription.

Method / rules: B.A.A. qualification rules.

Full explanation, current sources and related tools:
brenoamelo.com/blog/boston-qualifying-times-by-age

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with breno@brenoamelo.com.