 

# NORTHERN ATHLETICS

**‘START FITNESS’ INDOOR OPEN TRACK & FIELD MEETING**

***at the***

***ENGLISH INSTITUTE of SPORT, SHEFFIELD***

# Saturday 20th November 2021

# First Event – 10.15

We anticipate a high level of interest in these events and reserve the right to return entries if limits are exceeded. **\*\*Although some entries may be available on the day, athletes are advised to enter prior to the competition day to avoid disappointment and assist with management of the meeting**. Information on closure of events will be published on our website in the week before the event.

**Events (Senior):** 60m, 150m, 1000m, 2000m, Shot, Pole Vault, Triple Jump

**Events (Under 15):** 60m, 600m, 1000m, Long Jump, Shot, Pole Vault

Senior, U20 and U17 track competitors will be seeded together by ability as one competition at call-up. U15 and U13 age groups will be seeded together.

Competitors will have four trials in Long Jump, Triple Jump & Shot.

**Age Groups:** Track & Field age groups as at 31 August 2022.

## ENTRY FEE: £8 per event. Entries and start lists will be published online at www.northernathletics.co.uk and race- results.co.uk Collect numbers on the day. Sheffield Events will charge a car parking fee of £5 which will not benefit Northern Athletics.

**An Order of Events and other information will be posted on the NA website (www.northernathletics.co.uk and facebook).**

**Entries :** **Online only at** [**www.race-results.co.uk**](http://www.race-results.co.uk)

Enquiries: Telephone 01924 457922: e-mail [northernath@btconnect.com](mailto:northernath@btconnect.com)

**Sheffield Events will still have some Covid regulations in place. EIS have requested that masks should be worn when moving around the venue and social distancing observed at all times.**

**Sanitisers will be situated around the venue – please sanitise your hands frequently. Updates and/or changes to Covid protocols from the venue will be circulated if necessary.**