



NORTHERN ATHLETICS
‘START FITNESS’ INDOOR OPEN TRACK & FIELD MEETING
at the
ENGLISH INSTITUTE of SPORT, SHEFFIELD
Saturday 10th December 2022
Permit No. IND22/081

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, 300m, 60m Hurdles, 600m, 3000m, Long Jump, High Jump, Shot
Events (Under 15): 60m, 150m, 60m Hurdles, Long Jump, High Jump, Shot

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 & Shot.

Age Groups: Track & Field age groups as at 31 August 2023.

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

Enquiries: Telephone 01924 457922: e-mail mark@northernathletics.co.uk

