

NORTH OF ENGLAND INDOOR CHAMPIONSHIPS 2023
(Promoted by Northern Athletics Under UKA Rules, Permit IND 23/025)

Saturday 14th January at EIS, Sheffield **Closing Date: 16th December 2022**

Snr Men 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Triple Jump
Snr Women 60m: 400m: 1500m: 60mH: Shot: Long Jump
U20 Men 60m: 400m: 1500m: 60mH: Shot: Pole Vault: Triple Jump
U20 Women 60m: 400m: 1500m: 60mH: Shot: Triple Jump
U17 Men 60m: 400m: 1500m: 60mH: Long Jump: Pole Vault: Triple Jump
U17 Women 60m: 300m: 1500m: 60mH: Long Jump

Sunday 15th January at EIS, Sheffield **Closing Date: 16th December 2022**

Snr Men 200m: 800m: 3000m: High Jump: Long Jump
Snr Women 200m: 800m: 3000m: High Jump: Pole Vault: Triple Jump
U20 Men 200m: 800m: 3000m: High Jump: Long Jump
U20 Women 200m: 800m: 3000m: High Jump: Pole Vault: Long Jump.
U17 Men 200m: 800m: High Jump: Shot:
U17 Women 200m: 800m: High Jump: Shot: Pole Vault: Triple Jump

ONLINE ENTRIES at www.race-results.co.uk . Fees: £13.00 1st event & £8 per additional event

2022/23 AGE GROUPS

Senior Men & Women	Born 31.12.03 or earlier
Junior Men & Women	Born 1.1.04 to 31.8.06
Under 17 Men & Women	Born 1.9.06 to 31.8.08
Under 15 Boys & Girls	Born 1.9.08 to 31.8.10
Under 13 Boys & Girls	Born 1.9.10 to 31.8.12

Juniors may compete as Seniors in these events without restriction.
Under 17 Men & Women may compete as Juniors or Seniors.

REGULATIONS for ENTRY TO TERRITORIAL CHAMPIONSHIPS

1. UKA RULES : All events are subject to the current 'UKA Rules for Competition'.
2. ELIGIBILITY: All events are confined to athletes who **are 1st claim members of a club affiliated to Northern Athletics for 2022/23 and registered for competition with England Athletics.**
3. NORTHERN ATHLETICS TERRITORY: Consists of the Counties of Cheshire, Cleveland, Cumbria, Derbyshire, Durham, Gtr. Manchester, Humberside, Isle of Man, Lancashire, Lincolnshire, Merseyside, Northumberland, North Yorkshire, South Yorkshire, Tyne & Wear and West Yorkshire.
4. EVENT RESTRICTIONS: The Committee reserves the right to modify the number and timing of events and the heats for track events to take account of the size of entry.
5. CLUB MEMBERSHIP & CLOTHING: After one year of competition, an athlete must be a member of a club affiliated directly or indirectly to the National Governing Body. Athletes who are club members must wear club vests or alternatively a County, Territorial or National vest. Other athletes must wear a plain vest approved by the Referee. All athletes are reminded that all clothing must be clean and so designed and worn as not to be objectionable, even if wet.
6. EQUIPMENT: The organisers will provide the implements for throwing events. Competitors must supply their own poles in the Pole Vault. Only stadium blocks will be used in track events. Automatic False start equipment will be in use for Senior, U20 & U17 events. Stadium blocks only may be used.
7. ENTRIES : The organisers reserve the right to refuse any entry. A minimum of three entries may be required for an event to be held. All online entries will be acknowledged automatically on receipt of entry. All information, start lists, timetables etc will be displayed on our website at www.northernathletics.co.uk. Late entries will not be accepted, all entries MUST be online and the organisers cannot be held responsible for any entries which are not entered via the correct platform. Athletes (or if under 16, their parent or guardian) should check the details on the Sportsoft entry receipt before approving it, since errors may not be corrected after the closing date.

8. **STARTING HEIGHTS:**
Pole Vault: SM - 3.80m:SW-2.10m: U20M-3.40;U20W - 2.10m. U17M - 2.60m: U17W - 1.90:
High Jump:SM - 1..80m: SW - 1.50m: U20M – 1.65: U20W – 1.40: U17M - 1.55m: U17W – 1.40.
Triple Jump: minimum Take off Board distances are: SnrM/U20M -11m. All other age groups – 9m.

