



Dear Competitor

Northern Athletics/Start Fitness December Indoor Open 2023
English Institute of Sport - Sheffield

Please accept this letter as acknowledgement of your entry into the Northern Athletics December Indoor Open 2023, on Saturday December 9th.

We have been advised that car parking will be extremely tight on December 9th and ***we strongly advise athletes to park at either Meadowhall or Nunnery Square Park & Ride and travel with the tram to the Arena / Olympic Legacy Park stop.***

A timetable is also contained in this letter.

Please ensure that you arrive early enough to register at least 60 mins prior to your event and declare every event in which you intend to compete. If you have equipment which needs to be weighed, please arrive at least one hour before your event to ensure enough time for this procedure.

Registration will be situated on the ground floor in the corridor found on the left at the end of the reception area. **To prevent congestion, please can we ask that only athletes queue for registration.**

All athletes should listen carefully for announcements and be prepared to report to their events 30 minutes in advance for field events and 20 minutes in advance for track events, for which athletes are to report to the callroom/seeding area.

Stadium blocks only can be used.

If you are likely to be late registering for your event but still intend to compete, please call Malcolm Fletcher on 07787522109.

Yours sincerely

Northern Office

NORTHERN ATHLETICS INDOOR OPEN MEETING - SATURDAY, 9th DECEMBER 2023 - TIMETABLE

Event no.	Event	Age Group and Gender	Pools	Start Time	Event no.	Event	Age Group and Gender	Start Time
F01a	Long Jump	U15/U13 Girls	Pool A	10.30	T01	60m Hurdles	U13 Girls	10.15
F01b	Long Jump	U15/U13 Girls	Pool B	10.30	T02	60m Hurdles	U13 Boys and U15 Girls	10.30
F02	Shot Put	Senior/U20/U17 Men	Final	12.00	T03	60m Hurdles	U17 Women	10.50
F03	Long Jump	Senior/U20/U17 Men	Final	12.30	T04	60m Hurdles	U15 Boys	11.05
F05	Shot Put	U15/U13 Boys	Final	13.30	T05	60m Hurdles	Senior/U20 Women	11.15
F06	Shot Put	U15/U13 Girls	Final	14.30	T06 & T07	60m Hurdles	U17 Men & U20 Men	11.30
F07	High Jump	U15/U13 Boys	Final	14.45	T08	60m Hurdles	Senior Men	11.40
F08	High Jump	U15/U13 Girls	Final	14.45	T09	60m	U15/U13 Boys and Girls	11.55
F09a	Long Jump	Senior/U20/U17 Women	Pool A	15.00	T10	60m	Senior/U20/U17 Men and Women	12.35
F09b	Long Jump	Senior/U20/U17 Women	Pool B	15.00	T11	600m	Senior/U20/U17 Men and Women	13.45
F10	High Jump	Senior/U20/U17 Women	Final	15.30	T12	150m	U15/U13 Boys and Girls	14.50
F11	High Jump	Senior/U20/U17 Men	Final	16.00	T13	3000m	Senior/U20/U17 Men and Women	15.35
F12	Long Jump	U15/U13 Boys	Final	16.00	T14	300m	Senior/U20/U17 Men and Women	16.10
F13	Shot Put	Senior/U20/U17 Women	Final	16.00				

