

**NORTH OF ENGLAND INDOOR CHAMPIONSHIPS 2024**  
(Promoted by Northern Athletics Under UKA Rules, Permit IND 24/009)

**Saturday 13<sup>th</sup> January at EIS, Sheffield**

**Closing Date: 22nd December 2023**

**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 14<sup>th</sup> January at EIS, Sheffield**

**Closing Date: 22nd December 2023**

**Snr Men 200m: 800m: 3000m: High Jump: Long Jump**  
**Snr Women 200m: 800m: 3000m: HighJump: PoleVault:TripleJump**  
**U20 Men 200m: 800m: 3000m: HighJump: LongJump**  
**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](http://www.race-results.co.uk) . Fees: £14.00 1<sup>st</sup> event & £10 per additional event**

**2023/24 AGE GROUPS**

Senior Men & Women	Born 31.12.04 or earlier
Junior Men & Women	Born 1.1.05 to 31.8.07
Under 17 Men & Women	Born 1.9.07 to 31.8.09

**REGULATIONS for ENTRY TO NORTHERN 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 1<sup>st</sup> claim members of a club affiliated to Northern Athletics for 2023/24 and registered for competition with England Athletics.**
3. 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.
4. CLOTHING: Athletes must wear club vests or alternatively a County, Territorial or National vest. All athletes are reminded that all clothing must be clean and so designed and worn as not to be objectionable, even if wet. Bib numbers must not be cut or folded in any way.
5. 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.
6. 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](http://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.
7. 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.