

NORTH OF ENGLAND INDOOR CHAMPIONSHIPS 2025
(Promoted by Northern Athletics Under UKA Rules, Permit TBA)

Saturday 11th January at EIS, Sheffield

Closing Date: 20th December 2024

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 12th January at EIS, Sheffield

Closing Date: 20th December 2024

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 <https://meets.rosterathletics.com/public/competitions> .

Fees: £18.00 1st event & £15 per additional event (INCLUDING all Stripe and Roster fees)

2024/25 AGE GROUPS

Senior Men & Women	Born 31.12.05 or earlier
Junior Men & Women	Born 01.01.06 to 31.08.08
Under 17 Men & Women	Born 01.09.08 to 31.08.10

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 1st claim members of a club affiliated to Northern Athletics for 2024/25 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. **Late entries will not be accepted**, all entries **MUST** be online and **changes cannot be made after making an entry**. Refunds will only be given in the event of the competition being cancelled.
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.