



15th November 2024

Dear Competitor

Northern Athletics November Indoor Open, Saturday November 22nd 2025
English Institute of Sport – Sheffield, S9 5DA

- We have been advised that car parking, which costs £5 (Cash only – All money goes to EIS) will be extremely tight on November 22nd 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.**
- Registration will be situated on the ground floor in the corridor to the left of reception. **To prevent congestion, please can we ask that only athletes queue for registration.**
- Should you forget your safety pins for your number, sets of eight can be provided at a cost of £1 at registration.
- **Field Athletes** must register and collect their numbers at least one hour before competition start time and present themselves at their event site 30 minutes before event start time, or 45 minutes in the case of pole vault.
- **Track Athletes** must register and collect their numbers at least 45 minutes before the start time of the first heat of their event to allow the heats to be seeded. Heats will be available for viewing on Roster approximately 30 minutes before the start time of the first heat in each event.
- Track heats will be seeded fastest to slowest, and athletes should present themselves to the call-up area ready to run 15 minutes before the planned start time of their heat and listen to announcements made in the call-up area, as heats could take place ahead of schedule if the timetable is moving smoothly.
- Stadium blocks only can be used and no needle spikes are permitted in footwear.
- Any timetable clashes can be discussed with the meeting manager on the day.

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

INDOOR OPEN MEETING - SATURDAY, 22ND NOVEMBER 2025 - TIMETABLE

Event no.	Event	Age Group and Gender	Pools	Start Time
F1	Shot	U15 Girls	Final	10:15
F2	Triple Jump	Senior/U20/U17 Men	Final	10:15
F3 (Pool 1 - PB lowed that 3m)	Pole Vault	Mixed	Pool A	10:45
F4	Shot	Senior/U20/U17 Men	Final	11:30
F5	Long Jump	U15/U13 Boys	Final	11:30
F6	Triple Jump	Senior/U20/U17 Women	Final	12:30
F7	Shot	U15/U13 Boys	Final	12:45
F8	Shot	U13 Girls	Final	13:45
F9a	Long Jump	U15/U13 Girls	Pool A	14:00
F9b	Long Jump	U15/U13 Girls	Pool B	14:00
F10 (Pool 2 - PB Higher than 3m)	Pole Vault	Mixed	Pool B	14:00
F11	Shot	Senior/U20/U17 Women	Final	14:30
T1	60m	U15/U13 Boys and Girls		10:15
T2	60m	Senior/U20/U17 Men and Women		11:00
T3	1000m	U15/U13 Boys and Girls		12:15
T4	1000m	Senior/U20/U17 Men and Women		12:25
T5	600m	U15/U13 Boys and Girls		12:50
T6	2000m	Senior/U20/U17 Men and Women		13:10
T7	150m	Senior/U20/U17 Men and Women		13:45