15th November 2026

Dear Competitor

Northern Athletics November Indoor Open, Saturday November 21st 2026
English Institute of Sport – Sheffield, S9 5DA

Parking

If staying up to, and no longer than 2.5 hours:

Cars must be registered via the terminals in the EIS Reception.

If staying longer than 2.5 hours:

You must download the Evology Parking App for use immediately upon arrival.

Arrival before 11am incurs a daily parking charge of £5
Arrival after 11am incurs a daily parking charge of £15

These charges are venue charges and nothing to do with Northern Athletics.

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 the Roster app** 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, 21ST NOVEMBER 2026 - TIMETABLE				
Event no.	**Event**	**Age Group and Gender**	**Pools**	**Start Time**
F1	Shot	U16 Girls	Final	**10:15**
F2	Triple Jump	Senior/U20/U18 Men	Final	**10:15**
F3 (Pool 1 - PB lowed that 3m)	Pole Vault	Mixed	Pool A	**10:30**
F4	Shot	Senior/U20/U18 Men	Final	**11:30**
F5	Long Jump	U16/U14 Boys	Final	**11:30**
F6	Triple Jump	Senior/U20/U17 Women	Final	**12:30**
F7	Shot	U16/U14 Boys	Final	**12:45**
F8 (Pool 2 - PB Higher than 3m)	Pole Vault	Mixed	Pool B	**13:30**
F11	Shot	U14 Girls	Final	**13:45**
F12	Long Jump	U16/U14 Girls	Final	**14:00**
F13	Shot	Senior/U20/U18 Women	Final	**14:30**
T1 Register by 09:45	60m	U16/U14 Boys and Girls	Approx	**10:15**
T2	60m	Senior/U20/U18 Men and Women	Times	**11:00**
T3	1000m	U16/U14 Boys and Girls		**12:15**
T4	1000m	Senior/U20/U18 Men and Women		**12:25**
T5	600m	U16/U14 Boys and Girls		**12:50**
T6	2000m	Senior/U20/U18 Men and Women		**13:10**
T7	150m	Senior/U20/U18 Men and Women		**13:45**