NORTHERN ATHLETICS
INDOOR OPEN TRACK & FIELD MEETING
ENGLISH INSTITUTE of SPORT, SHEFFIELD
Saturday 21st November 2026
Permit No. TBC
First Track Event – 10.15

We anticipate a high level of interest in these events and reserve the right to return entries if limits are exceeded. Information will be published on our website in the week leading up to the event.

Events (Senior): 60m, 150m, 1000m, 2000m, Shot, Pole Vault, Triple Jump
Events (Under 16): 60m, 600m, 1000m, Long Jump, Shot, Pole Vault

Senior, U20 and U18 track competitors will be seeded together by ability as one competition
U16 and U14 age groups will be seeded together.

Competitors will have four trials in Long Jump, Triple Jump and Shot.

Competitors must compete in their own age group.

Age Groups: Track & Field age groups as at **31st August 2027**

ENTRY FEE: £13.00 per event inc. Roster & Stripe fees.

Entries close Friday November 13th, no entries on the day.

Collect numbers on the day.

Entries: Online only at:

https://meets.rosterathletics.com/public/competitions/details/about?id=29698

Entries are not transferable

Refunds will only be issued in the event of cancellation by the organiser.

No Masters category events and No U12 categories

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	10 Heats	**10:15**
T2	60m	Senior/U20/U18 Men and Women	17 Heats	**11:00**
T3	1000m	U16/U14 Boys and Girls	2 Heats	**12:15**
T4	1000m	Senior/U20/U18 Men and Women	5 Heats	**12:25**
T5	600m	U16/U14 Boys and Girls	4 Heats	**12:50**
T6	2000m	Senior/U20/U18 Men and Women	1 Heat	**13:10**
T7	150m	Senior/U20/U18 Men and Women	22 Heats	**13:45**