

2025

INDOOR
CHAMPIONSHIPS

ATHLETE
INFORMATION

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INTRODUCTION

Following the successful summer Track and Field season, we look forward to doing it all again and welcoming you to the England Athletics events this winter.

The Championships will take place over three weekends, and this booklet contains relevant information for all events.

- 18th & 19th January - U20 / Senior CE and Senior Para Championships. (18th)
- 8th & 9th February - Age Group Championships
- 8th & 9th March - Age group CE and Junior Para Championships (8th)

Please note, timetables and specific event information for each championship will be circulated after the entry closing date for each championship.

THANK YOU TO OUR PARTNERS!

England Athletics is very grateful to the help and support of our partners who help us to develop athletics and running in England.



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ENTRIES

Entry Standards, policy and terms of entry are available on the England Athletics website. Please check our [website](#) for the most up to date information and documentation.

VENUE



ADDRESS

- English Institute of Sport Sheffield. Coleridge Road, Sheffield, S9 5DA.

PUBLIC TRANSPORT

- The closest train station is Meadowhall Train Station. A tram can take you from Meadowhall train station to Coleridge Road which is the closest tram stop to the venue.

PARKING

- Parking at the venue is limited and will cost £5 per day (cash only)

ACCESSIBLE PARKING

- This venue is fully accessible however accessible parking is not bookable and only available on a first come first served basis. Blue badges must be displayed in these spaces.

CATERING

- Light refreshments will be available to buy at the stadium throughout the day. Athletes are asked to prepare accordingly with sufficient food and drink. Bottled water will not be available for athletes. There are water fountains available. Please bring re-usable water bottles.

USEFUL INFORMATION

TICKETS

All events will be a ticketed. The CE and Para Championships will be free to attend but a ticket will need to be obtained. There will be a pricing structure for the Age Group Championships, with an Early bird offer with discounted tickets available.

All tickets will be available through [Eventbrite](#) and will be communicated via England Athletics eventbrite page, social media and website.

CHAMPIONSHIP BEST PERFORMANCES for the England Athletics events can be viewed using the hyperlink.

FEEDBACK

Feedback is incredibly important to England Athletics. Links for feedback forms will be shared at the event and post event. Please do take the time to complete these as it is important for us to make these competitions as relevant and enjoyable as possible for all who attend.

MERCHANDISE

Kukri will be onsite for the Age group championships on the 8th and 9th February. The link to pre order Championship merchandise will be circulated closer o the event date.

COMPETITION RULES & LOGISTICS

EA Indoor Championships will be held under UKA Rules & WPA Rules.

- [WPA Rules](#)
- UKA Rules

PARA ENTRIES

- Only athletes with a classification can compete in the England Athletics Championships.
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TIMETABLES

- The timetables for the competition will be updated on the Roster Athletics platform approximately one week before the competition. <https://meets.rosterathletics.com/public/competitions> Please download the app, find, and follow the competition for updated information.

START LISTS

- Start lists will be available on Roster. Heats/lane draws will not be published until the day of competition (after athlete registration closes). Live results will also be available on Roster during the event. Please ensure that you download the Roster app prior to event day.

ON THE DAY REGISTRATION

- Athletes must register and collect their bib number at least 90 minutes before the start time of their event
- Athletes competing across multiple days (including those who progress to finals) must re-register on day 2
- If you are running late for registration, please call.

COMPETITION RULES & LOGISTICS

CALL ROOM

- Athletes must ensure they report to the call room as per the timings stated on the call room schedules that will be displayed at registration, around the stadium and at the call room. Please check the call room schedule when you arrive at the venue.
- Athletes will be held in call room for approximately 10 minutes and will then be escorted to the competition area.
- The following call room timings are for guidance only but will assist planning. Please check the exact call room time for your event as soon as you arrive at the stadium as it may differ slightly.
- Track Events 30 minutes prior to gun time
- High Jump 65 minutes prior to event start
- Pole Vault 90 minutes prior to event start
- Other Field events 50 minutes prior to event start
- Call room will not be implemented at Combined Event Championships. Athletes must assemble 15 minutes before the first event each day. Here, pre-event checks will take place (kit, shoe, number checks).

NB headphones and other electronic devices need to be in a bag, otherwise they will be confiscated.

For further information on call room please watch the athlete Championship journey video: <https://youtu.be/ljFGlFetIBs>

COMPETITION RULES & LOGISTICS

PERSONAL EQUIPMENT

- Only starting blocks provided by the venue can be used.
- All athletes apart from U15 athletes must use start blocks.
- Equipment will be provided by the organiser apart from vaulting poles. Vaulting Poles can be left at the venue the day prior to competition. Please contact EIS Sheffield reception to arrange this: 0114 223 5600. These must be clearly labelled. England Athletics and EIS Sheffield will accept no liability for loss or damage of equipment left at the venue.
- Athletes wishing to use their own throwing equipment should submit them to the equipment drop-off area at least 90 minutes before the scheduled start of the event.
- Indoor shot for CE, Outdoor shot for Age Group Championships
- Please note that a maximum of 2 implements only per person, per event, will be accepted in accordance with WA rules (TR32.2).
- Spike Length – 6mm. . Only pyramid and compression (Christmas Tree) spikes may be used. There is a complete ban on needle spikes, which are NOT permitted.

Senior Para Championships will throw senior weights based on classification.

CLOTHING

- Competitors must wear at least vest and shorts which conform to WA rules (TR5, rule 143) (link to World Athletics technical rules [here](#)).
- Athletes must wear the vest of their first claim affiliated club, their County, Area, or National vest, in accordance with rule TR5 S1 (4)
- Attention is drawn to WA Rules on advertising and sponsorship, which will be enforced.
- Athletes must ensure all shoes conform to the current WA list of acceptable shoes.

COMPETITION RULES & LOGISTICS

MEDALS

- Only athletes registered with an England Athletics club are eligible for National Title Championship Medals. Home Country and guest athletes will receive a guest medal if they have placed in the top three overall at the competition.
- There will be one medal presentation which will take place at the event, and this will be for England Athletics Championship Medals, allocated to only English Athletes, eligible by first claim club status to an English club. This medal will award the National Title.
- Guest Medals, allocated to athletes who are not members of England Athletics affiliated clubs will be allocated in the medal ceremonies area and where practicable on the podium. Guest medals will only be issued to those athletes positioning 1st, 2nd or 3rd within the overall competition. The Guest competition is not a separate competition to the overall Championships.

PARA MEDALS

Positions in Para events will be decided using WPA Raza Points based on performances in the finals.

- Senior Championships

One medal ceremony per event.

- Junior Championships

Medal ceremonies for U15 / U17 and U20 athletes, even if all athletes are in the same event together, they will receive age appropriate medals.

COMPETITION RULES & LOGISTICS

ANTI DOPING

- All athletes and athlete support personnel are bound by World Athletics/UKA Anti - Doping Rules and athletes agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve providing a blood and/or urine sample).
- Athletes should ensure they register any use of prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use.
- To check the status of registered medicines please visit www.globaldro.com
- For information on testing procedures please visit www.ukad.org.uk.
- The UKA Anti-Doping Rules are available at www.uka.org.uk. For general anti-doping queries please contact antidoping@uka.org.uk

COMPETITION RULES & LOGISTICS

SUSTAINABILITY

As an organisation, we are striving to ensure that sustainability is embedded into everything we do. Our new sustainability strategy (available [here](#)) sets out a road map for what we will do in our own operations, and how we will support our network of clubs, RunTogether groups, competition providers, road race organisers and facilities. We ask for your support in ensuring sustainability at our championships in areas such as:

- Travel & Transport - We encourage travel to the championships via public transport or car share with other travelling athletes where possible.
- Waste Management - We ask that everyone attending the venue brings re-usable drink bottles. There are water fountains at the venue.

CONTACT US

- All information for the indoor season is available on the England Athletics website – link [here](#)
- If you are new to the championships or experiencing a track and field event for the first time, watch this youtube video to help get a better understanding of what to expect on the day - <https://youtu.be/IjFGlFetIBs>
- If you have any questions, please contact - eventsupport@englandathletics.org
- Whatsapp communities will be set up prior to each competition for important information to be disseminated. Details of these will be circulated closer to event dates.