



INDOOR SEASON 2026

Athlete Information

Table Of Contents

England Athletics.....	4
Introduction.....	4
Entries.....	5
Para Entries.....	5
Venue.....	5
Useful Information.....	6
Tickets.....	6
Championship Best Performances.....	6
Feedback.....	6
Merchandise.....	6
Competition Rules And Logistics.....	6
Timetable.....	6
Start Lists.....	7
Seeding.....	7
On The Day Registration.....	7
Call Room.....	7
Personal Equipment.....	8
Clothing.....	8
Medals.....	9
Para Medals.....	9
Anti-Doping.....	9
Sustainability.....	10
Contact Us.....	10



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.



CITROËN



KUKRI

SPORTSSHOES.COM



ARTHROSAMID®

SHOKZ



ochy

MACMILLAN
CANCER SUPPORT

ALZHEIMER'S
RESEARCH UK

LME LONDON
MARATHON
EVENTS

SPORT
ENGLAND

tass*

Sportshall

Birmingham
City Council

Kingfisher
Lighting

LABOSPORT

polytan

TECHNICAL
SURFACES
Sponsoring Venues
A SPORTEC GROUP COMPANY

ENGLAND ATHLETICS

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 information for all events to help athletes with their planning.

- 17th & 18th January - U20 / Senior CE and Senior Para Championships
- 7th & 8th February - Age Group Championships
- 7th & 8th March - Age group CE and Junior Para Championships

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

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/ljFGlFetIBs>



ENTRIES

- Entry Standards – Available in November
- Entry Policy – Available in November
- Terms of entry – Available in November

Please [check our website](#) for the most up to date information and documentation.

PARA ENTRIES

Only athletes with a National or International classification are eligible compete in the England Athletics Championships. If you require information on classification contact - JRichards@britishathletics.org.uk

VENUE

- [English Institute of Sport Sheffield](#), Coleridge Road, Sheffield, S9 5DA.
- Parking at the venue is limited and will cost £5 per day (cash only)
- We would encourage you to car share and use [public transport](#) where possible. There are options of a tram and bus that will take you from Sheffield Station and drop you close to the venue.
- 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 or prepare sufficiently.



USEFUL INFORMATION

TICKETS

All events will be a ticketed. The Combined Events 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 [on our website](#).

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 7th and 8th February. The link to pre order Championship merchandise will be circulated closer to the event date.

COMPETITION RULES AND LOGISTICS

EA Indoor Championships will be held under [UKA Rules](#) & [WPA Rules](#).

TIMETABLE

The timetables for the competition will be updated on the [Roster Athletics platform](#) approximately one week before the competition. Please download the Roster app prior to event day and find and follow the competition for updated information.



START LISTS

These 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.

SEEDING

- Seeding and lane draws will be as per the England Athletics guidelines. These will be available on the EA website – [link here](#)
- Seeding and lane draws will not be completed until registration closes for each event on the day of competition.

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- 07789 794585.

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

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 prior to competition. These must be clearly labelled. England Athletics will accept no liability for loss or damage of equipment left at the venue.
- Please contact EIS Sheffield reception to arrange this: 0114 223 5600
- Athletes wishing to use their own throwing equipment should submit them to the equipment drop-off area (TIC) 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. There will be no spikes available to purchase on the day, so you will need to bring these with you.

CLOTHING

- Competitors must wear at the least, vest and shorts which conform to WA rules (TR5, rule 143). 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.



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 possible, 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.

Examples:

- If the guest athlete is placed overall in 1st position, they will be allocated a Gold guest medal.
- If the first guest athlete is placed 4th overall, no medal will be issued.

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.

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
- For information on testing processes click [here](#).

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 have any questions, please contact - eventsupport@englandathletics.org.

