



ENGLAND ATHLETICS

Growing the next generation of champions

# ENGLAND ATHLETICS OPEN UNDER 20, 17 & 15 INDOOR CHAMPIONSHIPS

## 1st - 2nd March 2014 EIS SHEFFIELD

### ENTRY STANDARDS:

Entries will only be accepted from athletes who have achieved the entry standard in competition after 1st January 2013 (performances indoors and outdoors are acceptable).

→EVENT	→U20 Men		→U20 Women		→U17 Men		→U17 Women		→U15 Boys		→U15 Girls	
60m (100m equiv)	7.6	a	8.2	a	7.7	a	8.3	a	8.2	a	8.6	a
	11.1		12.2		11.5		12.4		12.2		13.0	
200m	22.5	b	25.5	b	23.5	b	26.2	b	24.5	b	27.0	b
300m							42.0	a/b	40.0	a/b		
400m	52	a/b	59.0	a/b	52.5	a/b						
800m	1:58	a/b	2:15	a/b	2:05	a/b	2:18	a/b	2:12	a/b	2:24	a/b
1500m	4:00	a/b	4:40	a/b	4:12	a/b	4:46	a/b				
60m Hur (equiv)	8.9	b	9.5	b	9.0	b	10.0	b	10.0	b	10.5	b
	110m 15.5		100m 15.4		100m 14.4		80m 12.2		80m 12.2		75m 12.0	
High jump	1.90	b	1.60	b	1.85	a	1.60	b	1.65	a	1.50	a
Pole vault	4.20	b	3.10	a	3.70	b	2.90	a	2.70	a	2.30	b
Long Jump	6.50	b	5.45	a	6.20	b	5.30	a	5.50	b	5.00	a
Triple Jump	13.60	a	11.20	b	12.60	a	10.80	b				
Shot	13.00	b	11.00	a	13.00	b	10.05	a	11.80	b	9.50	a

a – Saturday b – Sunday (This depends on entries and is liable to change)

### ACCOMMODATION:

Contact Linda Lake on: 01543 481338 / 07769691801

### CLOTHING:

In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed and worn as not objectionable, even if wet. Competitors must wear the vest of their first claim affiliated club, County, Area or National vest.

### EQUIPMENT:

Athletes may use their own equipment provided it is submitted for checking by the Technical Manager. Only starting blocks provided by the venues may be used.

### ANTI DOPING:

I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample); and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing.

To check the status of registered medicines please visit [www.globaldro.com](http://www.globaldro.com). For information on testing procedures please visit [www.ukad.org.uk](http://www.ukad.org.uk). The UKA Anti-Doping Rules are available at [www.uka.org.uk](http://www.uka.org.uk). For general anti-doping queries please contact [antidoping@uka.org.uk](mailto:antidoping@uka.org.uk).

ALL CHAMPIONSHIPS ARE HELD UNDER UK ATHLETICS RULES

Enter online at [www.Englandathletics.org](http://www.Englandathletics.org)