

# SEAA

## 2025 - 26

# SOUTHERN INDOOR TRACK & FIELD PROSPECTUS

Meetings held under UKA Rules

At Lee Valley Athletics Centre

SUPPORTED BY



## South of England Athletic Association

Jubilee Stand  
Crystal Palace National Sports Centre  
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# CONDITIONS OF ENTRY

## ENTRIES

**Online Entries** will be available from mid-October on the SEAA Website, [www.seaa.org.uk](http://www.seaa.org.uk)

**IT IS SEAA POLICY NOT TO ACCEPT ANY LATE ENTRIES. THE CLOSING DATE FOR ENTRIES AS STATED IS THE LATEST DATE BY WHICH AN ENTRY MUST BE RECEIVED AT THE SEAA OFFICE. ONCE THIS DATE HAS PASSED THE ONLINE ENTRY SYSTEM WILL CLOSE. ENTRY FEES ARE NON-REFUNDABLE AFTER THE REGISTRATION CLOSING DATE.**

**The entry declaration must be completed by the intending competitor**, who shall be responsible for all statements within and any omissions therefrom. Any individual making a false entry will be dealt with for misconduct (as defined in Rule TR4 S1).

**In the event of unforeseen circumstances where the event must be cancelled,  
80% of the entry fee will be refunded.**

## AGE GROUPS

**U13s** - Must be 11 years of age but under 13 years of age at midnight on August 31<sup>st</sup> 2026.  
Born on or after 1.9.2013 but before 1.9.2015

**U15s**- Must be 13 years of age but under 15 years of age at midnight on August 31<sup>st</sup> 2026.  
Born on or after 1.9.2011 but before 1.9.2013

**U17s** - Must be 15 years of age but under 17 years of age at midnight on August 31<sup>st</sup> 2026.  
Born on or after 1.9.2009 but before 1.9.2011

**U20s** - Must be 17 years of age at midnight on August 31<sup>st</sup> 2026 but under 20 years at midnight December 31<sup>st</sup> 2026. Born between 1.9.2007 and 1.9.2009

**Seniors** - Must be 20 years of age at midnight December 31<sup>st</sup> 2026.

*Athletes may compete outside their age group as defined in UKA Rule TR3 S2 but cannot compete in the same discipline in two different age groups within the same competition.*

*Athletes can compete one age group up but cannot compete down an age group.*

**DISCLAIMER:** SEAA Competition shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

# ELIGIBILITY TO COMPETE

**All Athletes must be registered with England Athletics.** Failure to provide a valid Registration number on your entry will result in the entry being rejected. This rule will be rigorously applied to all SEAA Championships and applies to all age groups.

## **All athletes must have a Southern Area Qualification in accordance with Rule G2 S6 (2)** **RULE G2 S6 (2) UKA SUPPLEMENT - COUNTY, DISTRICT AND AREA QUALIFICATIONS**

*(2) English Area Championships and Representation*

*(a) An Area qualification to compete shall be acquired as follows:*

*By birth (See also Rule G2 S4(1)).*

*By nine months' continuous bona fide residence within the Area boundary immediately prior to the date of competition.*

*By nine months' service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.*

*(b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, but any competition shall not be deemed to have established an Area qualification.*

*(c) No athlete is allowed to compete in the Championships of more than one Area Association in any one nine month period*

**Athletes who are not members of a Southern Club will be asked to confirm their eligibility. If they do not do so, they will not be allowed to compete on the day.**

**Guests can compete in the Combined Events** but must inform the SEAA of their intention to compete as a guest. Guests will not be eligible for a medal.

### **ANTI-DOPING**

By submitting an entry to any SEAA Championship, *an entrant shall be deemed to have made themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of event, whether or not the licence holder is a citizen of, or resident in, the UK.*

The UKA Anti-Doping Rules are available at [www.ukad.org.uk](http://www.ukad.org.uk)

To check the status of registered medicines please visit [www.globaldro.com](http://www.globaldro.com)

For general anti-doping queries please contact [ukad@ukad.org.uk](mailto:ukad@ukad.org.uk)

# INDOOR COMBINED EVENTS

**Saturday 13<sup>th</sup> December & Sunday 14<sup>th</sup> December 2025**

**Lee Valley Athletics Stadium**

Edmonton, London N9 0AR

**Enter online at [www.seaa.org.uk](http://www.seaa.org.uk)**

**Entries close Tuesday 2<sup>nd</sup> December 2025**

## SATURDAY 13<sup>TH</sup> December

*Anticipated Start time 1:30pm*

**U15B & U17W Pentathlon**

60m Hurdles, Long Jump, Shot,  
High Jump, 800m

## SUNDAY 14<sup>TH</sup> December

*Anticipated Start time 10:00am*

**U15G, U20W & SW Pentathlon**

60m Hurdles, High Jump, Shot,  
Long Jump, 800m

## SATURDAY 13<sup>TH</sup> & SUNDAY 14<sup>TH</sup> DECEMBER

**U17M, U20M, SM Heptathlon**

**Saturday**

60m, Long Jump, Shot, High Jump

**Sunday**

60m Hurdles, Pole Vault, 1000m

### Online Entry Fees

U15G / U15B / U17W / U17M	£30.00
U20W/ SW	£32.00
U20M/ SM	£35.00

**DISCLAIMER:** SEAA Competition shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

# INDOOR MIDDLE DISTANCE CHAMPIONSHIPS

**Saturday 13<sup>th</sup> December & Sunday 14<sup>th</sup> December 2025**

**Lee Valley Athletics Stadium**

Edmonton, London N9 0AR

**Enter online at [www.seaa.org.uk](http://www.seaa.org.uk)**

**Entries close Tuesday 2<sup>nd</sup> December 2025**

This event will run alongside the Indoor Combined Events within a very limited time frame.

## SATURDAY 13<sup>TH</sup> DECEMBER

*Anticipated Start time 3:00pm*

**U15/U17/U20/Senior: 1500m Heats (Finals on Sunday)**

## SUNDAY 14<sup>TH</sup> DECEMBER

*Anticipated Start time 12:00 noon*

**U15/U17/U20/Senior: 1500m Finals**

**U15/U17/U20/Senior: 3000m Finals**

### **Online Entry Fees**

U15/U17: £16 Per Event

U20/Senior: £18 Per Event

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# INDOOR U13 / U15 / U17 CHAMPIONSHIPS

**Saturday 10th & Sunday 11th January 2026**

**Lee Valley Athletics Stadium**

Edmonton, London N9 0AR

**Enter online at [www.seaa.org.uk](http://www.seaa.org.uk)**

**Entries close Tuesday 30<sup>th</sup> December 2025**

## SATURDAY 10<sup>TH</sup> JANUARY

*Anticipated Start Time 1:30pm*

**U13:** 60M, Long Jump, High Jump (start height 1.20m for girls, 1.25m for boys), Shot

**U13/U15:** 800m Heats (Finals on Sunday)

**U15/U17:** 60M, 60M Hurdles

## SUNDAY 11<sup>TH</sup> JANUARY

*Anticipated Start time 10:00am*

***Starting heights and Triple Jump Boards are shown below***

**U13:** 800m Final

**U15/U17:** 200m, 300m (U15B&G), 400 (U17M&W), 800m, Long Jump, Shot

**U15B:** High Jump (1.50m), Pole Vault (2.30m), Triple Jump (9m/11m)

**U15G:** High Jump (1.40m), Pole Vault (1.90m), Triple Jump (7m/9m)

**U17M:** High Jump (1.65m), Pole Vault (2.90m), Triple Jump (11m/13m)

**U17W:** High Jump (1.45m), Pole Vault (2.20m), Triple Jump (9m /11m)

### **Online Entry Fees**

U13: £14 Per Event

U15/U17: £16 Per Event

***DISCLAIMER:*** SEAA Competition shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

# INDOOR U20/SENIOR CHAMPIONSHIPS

**Saturday 31<sup>st</sup> January & Sunday 1<sup>st</sup> February 2026**

**Lee Valley Athletics Stadium**

Edmonton, London N9 0AR

**Enter online at [www.seaa.org.uk](http://www.seaa.org.uk)**

**Entries close Tuesday 20<sup>th</sup> January 2026**

## SATURDAY 31<sup>ST</sup> JANUARY

*Anticipated Start time 1:30pm*

**U20/Senior:** 60m, 60m Hurdles, Long Jump, Shot

## SUNDAY 1<sup>ST</sup> FEBRUARY

*Anticipated Start time 10:00am*

*Starting heights and Triple Jump Boards are shown below*

**U20/Senior:** 200m, 400m, 800m

**U20W:** High Jump (1.50m), Pole Vault (2.30m), Triple Jump (9m / 11m)

**U20M:** High Jump (1.70m), Pole Vault (3.40m), Triple Jump (11m / 13m)

**SW:** High Jump (1.55m), Pole Vault (2.70m), Triple Jump (11m)

**SM:** High Jump (1.80m), Pole Vault (3.80m), Triple Jump (13m)

### **Online Entry Fees**

U20/Senior: £18 Per Event

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