

INDOOR CHAMPIONSHIPS**General Principles**

1. Wherever possible, current information about the performance of all athletes will be considered and heats drawn, so that normally, the best performers reach the final. Information will be obtained from the Power of 10 Rankings to assist this process.
2. Preliminary rounds (heats/semi-finals) will be held in all track events in which the declared number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds. The same principles will apply to able bodied and Para athletes and both male and female athletes across all age-groups.
3. All seeding will be based on the number of declared athletes on the day of competition, not the number of entries in the event.
4. For all track events, up to and including 400m, the following will apply:
 - If there are three heats or less in the first round, then there will be no semi-finals.
 - If there are four heats in the first round, then there will be two semi-finals.
 - If there are five or more heats in the first round, then there will be three semifinals.
5. Although at international level the 200m has been dropped from Championship events, England Athletics have kept the event to provide valuable competition at Age Group level. We note the disadvantage that a lane 1 draw is for all athletes and will not be allocating athletes to lane 1 at Championships.
6. For 800m:
 - Every effort will be made to avoid three rounds of competition.
 - Subject to the track referee's decision, the recommended maximum number of runners in any race will be 8.
7. For 1500m:
 - Subject to the track referee's decision, the recommended maximum number of runners in any race will be 12.

INDOOR CHAMPIONSHIPS

8. The following tables will be used, in the absence of extraordinary circumstances, to determine the number of rounds to be held, the number of heats in each round and the qualification procedure for each round of track events:

N.B. H Number of heats
 P Qualifiers on position
 T Qualifiers on time

60m, 60m Hurdles

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-8									1
9-16	2	3	2						1
17-24	3	2	2						1
25-32	4	3	4		2	3	2		1
33-40	5	4	4		3	2	2		1
41-48	6	3	6		3	2	2		1
49-56	7	3	3		3	2	2		1
57-64	8	2	8		3	2	2		1
65-72	9	2	6		3	2	2		
73-80	10	2	4		3	2	2		
81-88	11	2	2		3	2	2		

200m

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-5									1
6-10	2	2	1						1
11-15	3	1	2						1
16-20	4	2	2		2	2	1		1
21-25	5	2	5		3	1	2		1
26-30	6	2	3		3	1	2		1
31-35	7	2	1		3	1	2		1

INDOOR CHAMPIONSHIPS
300m, 400m

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-6									1
7-12	2	2	2						1
13-18	3	1	3						1
19-24	4	2	4		2	2	2		1
25-30	5	3	3		3	1	3		1
31-36	6	2	6		3	1	3		1
37-42	7	2	4		3	1	3		1

800m

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-6									1
7-12	2	2	2						1
13-18	3	1	3						1
19-24	4	1	2						1
25-30	5	1	1						

1500m

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-10									1
11-20	2	3	4						1
21-30	3	2	4						1
31-40	4	2	2						1
41-50	5	1	5						1

INDOOR CHAMPIONSHIPS
9. Lane Draws

a) For events up to and including 800m where progression is to semi-finals:

- i. In the first round, the lane order shall be drawn randomly by lot.
- ii. After the first round, the athletes will be placed in heats of subsequent rounds in accordance with the following procedures:

Fastest heat winner.
 2nd fastest heat winner.
 3rd fastest heat winner, etc.

Fastest 2nd place
 2nd fastest 2nd place
 3rd fastest 2nd place, etc.

(Concluding with)
 Fastest time qualifier
 2nd fastest time qualifier
 3rd fastest time qualifier, etc.

- iii. The athletes will then be placed in order of the above seeding in a zig zag distribution e.g. 3 semi-finals would consist of the following:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

The running order of heats A, B, C will then be drawn.

b) **For 60m and 60m Hurdles** three random draws will then be made:

- i. One for the four highest ranked athletes to determine their placing in lanes 3, 4, 5 and 6.
- ii. One for the fifth and sixth ranked athletes to determine their placing in lanes 7 and 8.
- iii. One for the seventh and eighth ranked athletes to determine their placing in lanes 1 and 2.

c) **For 200m, 300m and 400m** three draws for lanes will be made:

- i. One for the two highest ranked athletes to determine their placing in the outside lanes (5, 6).
- ii. Another for the third and fourth ranked athletes to determine their placing in next two lanes (3, 4).
- iii. A final draw to determine:
 - In 200m races, the fifth ranked athlete for lane 2.
 - In 300m and 400m races, the fifth and sixth ranked athletes for their placing in lanes 1 and 2.

INDOOR CHAMPIONSHIPS

10. For events up to and including 800m which proceed directly to a final after the first round:

- a In the first round, the lane order shall be determined from the list of valid performances as shown on Power of 10.
- b For the final, the athletes shall be placed in accordance with the following procedures:

Fastest heat winner.
2nd fastest heat winner.
3rd fastest heat winner etc.

Fastest 2nd place
2nd fastest 2nd place
3rd fastest 2nd place etc

(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier etc.

- c The athletes shall then be allocated lanes in accordance with rules 9(b) and 9(c) above.

11. For single rounds (finals) in any event, procedures 9(b) and 9(c) above will be used to determine the lanes.

12. For events **over 800m** all starting positions in heats and finals will be drawn by lot.

13. For **all events** scheduled to progress directly to a final, where there are insufficient registered athletes to hold both the first round and a final, then the final will be held at the scheduled time of the first round.

- a. In **events up to and including 400m**, where scheduled semi-finals are cancelled, the final will be held at the scheduled time of the semi-final.
- b. For all **events of 800m and above**, where a scheduled semi-final is cancelled the final will be run at the stated final time.