



SEEDING, DRAWS AND QUALIFICATION IN TRACK EVENTS AT THE 2026 AGE GROUP INDOOR CHAMPIONSHIPS

General Principles – Indoors

- 1) Although at international level the 200m has been dropped from Championship events, England Athletics are anxious to keep the event to provide valuable competition at Age Group level. U17 and U20 athletes will be allocated lanes 2 to 6, while U15 will use lanes 1 to 6.
- 2) The general principles of World Athletics Seeding have been applied to this policy. For the age group championships, England Athletics will implement the 'Fastest Qualifier' ruling for qualification through each round of the competition"
- 3) 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.
- 4) 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 and to all age-groups.
- 5) All seeding will be based on the number of declared athletes on the day of competition, not the number of entries in the event.
- 6) The maximum number of rounds, for events up to and including 800m, will be three (first round, semi-finals and final) and the maximum number of rounds for events over 800m will be two (first round and final).
- 7) For 60m and 60m Hurdle events:
 - a) If there are three heats or less in the first round, then there will be no semi-finals
 - b) If there are four heats in the first round, then there will be two semifinals
 - c) If there are five or more heats in the first round, then there will be three semifinals
- 8) For all circular track events, up to and including 400m, the following will apply:
 - a) If there are four heats or less in the first round, then there will be no semi-finals
 - b) If there are five heats in the first round, then there will be two semifinals
 - c) If there are six or more heats in the first round, then there will be three semifinals
- 9) For 800m:
 - a) Every effort will be made to avoid three rounds of competition.
 - b) Subject to the track referee's decision, the maximum number of runners in any race will be 7.
- 10) For 1500m:
 - a) Subject to the track referee's decision, the recommended maximum number of runners in any race will be 10.
- 11) For 3000m and 5000m:

a) Subject to the track referee's decision, the maximum number of athletes in any race will be 14.

12) 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 (U17 & U20)

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

300m, 400m, 200m (U15)

Declared Athletes	Round 1				Semi Finals				Final
	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	2	2		2	2	2		1
31-36	6	2	6		3	1	3		1
37-42	7	2	4		3	1	3		1

800m

Declared Athletes	Round 1				Semi Finals				Final
	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	2	2		2	3	0		1

1500m

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-10									1
11-20	2	5	0						1
21-30	3	3	0						1
31-40	4	2	2						1
41-50	5	2	0						1

3000m and 5000m

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-14									1
15-28	2	7	0						1

13) Heat Allocations

a) For all events with more than one round, in the first round, athletes will be placed in heats based on the list of valid performances as shown on Power of 10 in a zigzag distribution. For example, 4 heats would consist of the following where 1 is the highest ranking, 2 is the next highest etc:

A	1	8	9	16	17	24	25	32
B	2	7	10	15	18	23	26	31
C	3	6	11	14	19	22	27	30
D	4	5	12	13	20	21	28	29

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

14) Lane Draws

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

i) for the first round, lanes will be drawn by lot.

ii) After the first round: the athletes will be placed in heats of subsequent rounds in accordance with the following:

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.

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 semi-finals A, B, C will then be drawn by lot.

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

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

iv) **For 200m (U17 & U20),** two random draws for lanes will be made:

- (1) One for the two highest ranked athletes to determine their placing in the outside lanes (5, 6).
- (2) Another for the third and fourth ranked athletes to determine their placing in next two lanes (3, 4).
- (3) The fifth ranked athlete will be placed in lane 2.

v) **For 200m (U15), 300m and 400m** three random draws for lanes will be made:

- (1) One for the two highest ranked athletes to determine their placing in the outside lanes (5, 6).
- (2) Another for the third and fourth ranked athletes to determine their placing in next two lanes (3, 4).
- (3) A final draw to determine the fifth and sixth ranked athletes for their placing in lanes 1 and 2.

15) For events **up to and including 800m** which:

- a) proceed directly to a final after the first round:
 - i) In the first round, the lane order shall be determined from the list of valid performances as shown on Power of 10 in accordance with rules 14.a) iii to 14 a) v above, as appropriate.
 - ii) For the final the athletes shall then be allocated lanes in accordance with rules 14.a) iii to 14.a) v above, as appropriate.
- b) are single rounds (i.e. finals), the athletes shall then be allocated lanes in accordance with rules 14.a) iii to 14.a) v above, as appropriate.

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

17) For **all events** 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.

- 18) In **events up to and including 400m**, where scheduled semi-finals are cancelled but rounds and final are still needed, the final will be held at the scheduled time of the semi-final.
- 19) For all **events of 800m and above**, where scheduled semi-finals are cancelled but rounds and final are still needed, the final will be run at the stated final time.