

Utilita Arena Birmingham

Entry Standards 2026

Standards to be achieved from Saturday 1 January 2025 until Sunday 1 February 2026.

MEN	EVENT	WOMEN
6.85 (10.55 100m)	60m	7.75 (12.00 100m)
21.80 (21.40 Outdoors)	200m	25.00 (24.50 Outdoors)
48.70 (47.60 Outdoors)	400m	56.25 (55.50 Outdoors)
1:52.50 (1:49.00 Outdoors)	800m	2:01.50 (2:09.00 Outdoors)
3:47.00 (3:43.00 Outdoors)	1500m	4:30.00 (4:23.00 Outdoors)
8.07.00 (7:58.00 Outdoors / 13:50 for 5000m)	3000m	9:34.00 (9:24.00 Outdoors / 16:00 for 5000m)
8.40 (14:80 110mH)	60mH	8.75 (14.30 100mH)
2.10	High Jump	1.78
5.05	Pole Vault	3.80
7.40	Long Jump	6.15
15.10	Triple Jump	12.50
16.00	Shot Put	14.50
By Invitation	Para Events	By Invitation
By Invitation	Race Walks	By Invitation

EVENT CONDITIONS

1. Invitations to compete at the Novuna UK Athletics Indoor Championships are sent to senior and under 20 athletes only. In exceptional circumstance athletes from the Under 18 age group will also be accepted via agreement with Performance Pathway manager (Dan Wagner).
2. Certain athletes will have qualified in two (or more) events and may only see their name listed in one. This is because we offer you what is assumed to be your preferred event, but we are agreeable to switch or add you to another if you so wish.
3. Performances must be achieved during competitions organised or authorised by the [World Athletics](#), its Area Associations, or its National Member Federations. Domestic competitions will only be accepted if they are achieved in Permit Level 2 competition (or higher): Please visit - <https://www.uka.org.uk/competitions/fixtures/>
4. Providing the sprints are timed using photo finish and that sprints and jumps all use a wind gauge.
5. Wind-assisted performances (or performances achieved at events where wind measurement was not available) will not be accepted.
6. Any performances achieved in mixed track event, involving both male and female participants and held completely in a stadium, shall not be accepted. For more information, please refer to Rule 9 of the UKA Rules for Competition Manual.
7. Hand-timed performances in 60m, 100m 200m, 400m, 800m and 60mH & 100/110mH will not be accepted.