



Welsh Athletics Senior Indoor Championships Standards 2025

As the **number** of athletes competing in Wales is ever increasing, we are introducing standards across **some** of our disciplines and maximum numbers across **all** of our disciplines for the upcoming **Senior** Indoor Track Field Championships on the 18th and 19th January 2025.

The current process of open entries puts a great deal of pressure on the organisers to finalise timetables and ensure sufficient number of officials are available in a short period of time.

These standards are being introduced to improve the flow and pace of progressions across key events that have seen issues with timing and progressions in recent years. The maximum numbers also aim to convene high calibre senior athletes, competing in set rounds with better timetabling.

By introducing these standards, we hope to provide a better experience for our athletes and officials. The capping of entries per event will also enable the planning of timetables and officials to take place much earlier.

Sold out events will have a waiting list, athletes on the waiting list will be invited based on their quickest performance in the last two years.

We encourage **everyone** with an interest in competing to express their interest via our form, whether they have hit the standard or not, as athletes will be **considered** if maximum numbers aren't hit.

The following standards and numbers will be in place:

EVENT	Standard		Max Numbers	
	MALE	FEMALE	MALE	FEMALE
60m	7.29	8.44	64	64
200m	25	29.7	32	32
400m	53.75	65	32	32
800m	2:05	-	32	32
1500m	-	-	48	48
60m Hurdles	-	-	24	24
High Jump	1.65	1.55	16	16
Pole Vault	3.60	2.80	16	16
Long Jump	6.19	5.48	20	20
Triple Jump	12.54	-	16	16
Shot Put	-	-	16	16



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The starting heights and progressions for Pole Vault and high jump will be set ahead of time.

The standards and entry process will be reviewed annually.

Following feedback from chief officials, and reviewing the 23/24 season, we will no longer seek feedback and involvement from coaches on starting heights and progressions.

Any questions please email competitions@welshathletics.org