



Welsh Athletics Senior Indoor Championships Standards 2026

In order to create a better quality experience for our athletes and officials we are introducing standards and maximum numbers across **some** of our disciplines for the upcoming **Senior** Indoor Track Field Championships on the 7th and 8th February 2026.

This allows us to finalise timetables and ensure sufficient number of officials more adequately.

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.

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 maximum numbers will be in place:

EVENT	Standard		Max Numbers	
	MALE	FEMALE	MALE	FEMALE
60m	7.20	8.40	64	64
200m	24.00	28.00	32	32
400m	53.50	65.00	32	32
800m	2:05	-	32	32
1500m	-	-	32	32
60m Hurdles	-	-	24	24
High Jump	1.65	1.55	16	16
Pole Vault	3.60	2.80	20	20
Long Jump	6.19	5.48	20	20
Triple Jump	-	-	16	16
Shot Put	-	-	16	16

Any questions please email competitions@welshathletics.org