



## TURKISH ATHLETIC FEDERATION NATIONAL INDOOR CHAMPIONSHIPS 2025



**The purpose of this document is to provide basic information about the rules and regulations that apply for the international athletes who wish to participate in the Turkish National Indoor Championships scheduled for 21-23 February 2025.**

The Championships will be held at the Ataköy Atletizm Salonu, Ataköy-İstanbul.

Being a seniors' event, the Championships is open to the following age groups:

**Men & women, born 2005 or earlier**

- Female athletes born 2006-2009 are accepted in all track and field events,
- Male athletes born 2006-2009 are accepted in all track events and in field events except shot put.
- Athletes born in 2010 and later are not allowed in any event.

**Deadline for the entries is 17:00 Turkish time, 16 February**, by email to Ms. İlgin Yüksel at [ilgin@yuksel.taf.org.tr](mailto:ilgin@yuksel.taf.org.tr).

The distribution of the events per day is as follows:

Women			Men		
Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
60m Heats & Final	60m Hurdles Heats & Final	200m Heats & Final	60m Hurdles Heats & Final	60m Heats & Final	200m Heats & Final
400m Heats	400m Final	3000m	400m Heats	400m Final	3000m
1500m	800m	Triple Jump	1500m	800m	Pole Vault
Shot Put	Long Jump	High Jump	Shot Put	Triple Jump	Long Jump
	Pole Vault	4x400m		High Jump	4x400m

Each athlete may participate in a maximum of three (3) events.

**International athletes are NOT eligible for medals and prize money.**

**International athletes whose times in the heats would normally qualify for the finals of 60m, 60m hurdles and 400m CANNOT compete in the A Final of the relevant event but will be given a spot in the B Final. The results of the A and B finals will not be merged.**

**When there are more than eight competitors in shot put and horizontal jumps, those international participants ranked in top eight after the first three trials will be awarded the next three trials along with the top eight Turkish competitors.**

The take-off board in triple jump shall be at 11m for women, 13m for men.

The starting height and the bar raising increments in high jump and pole vault are as follows:

High Jump						
Women	1.60m	+5cm	1.75m	+3cm	1.87m	+2cm
Men	1.80m	+5cm	2.00m	+3cm	2.18m	+2cm
Pole Vault						
Women	2.80m	+20cm	3.40m	+10cm	4.30m	+5cm
Men	3.60m	+20cm	4.60m	+10cm	5.20m	+5cm

Personal shots must be handed to the Technical Director at least one hour before the "Call Room in" time of the relevant shot put competition.

**Spikes must not exceed 6mm except in the high jump where it is allowed up to 9mm.**



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## PROVISIONAL TIMETABLE

<b>DAY 1 – Friday, 21 February</b>	<b>DAY 2 – Saturday, 22 February</b>	<b>DAY 3 – Sunday, 23 February</b>
13:00 Shot Put - Men	13:00 Long Jump Group B - Women	13:00 Long Jump Group B - Men
14:15 Shot Put - Women	13:30 High Jump - Men	13:15 200m Heats - Women
14:30 60m Hurdles Heats - Men	14:15 60m Hurdles Heats - Women	13:50 High Jump - Women
14:45 60m Heats - Women	14:35 60m Heats - Men	14:20 200m Heats - Men
15:15 1500m - Women	14:45 Long Jump Group A - Women	14:55 Long Jump Group A - Men
15:25 1500m - Men	15:30 Pole Vault - Women	15:40 Pole Vault - Men
16:05 400m Heats - Women	15:40 800m - Women	15:40 3000m - Women
16:35 400m Heats - Men	16:10 800m - Men	16:10 3000m - Men
17:45 60m Hurdles Final - Men	16:20 Triple Jump - Men	16:20 Triple Jump - Women
17:50 60m Final - Women	17:05 400m Final - Women	17:10 200m Final - Women
	17:15 400m Final - Men	17:15 200 Final - Men
	17:25 60m Hurdles Final - Women	17:25 4x400m - Women
	17:30 60m Final - Men	17:30 4x400m - Men