



NATIONAL INDOOR CLUB LEAGUE 2018

The Indoor Club League will be take place as follows:

Round 1: 13th January – National Indoor Arena, Abbotstown.

Round 2: 27th January – International Arena, Athlone

Final: 3rd February - National Indoor Arena, Abbotstown.

Entry Fee: Team €50.00, Entries by Club Official online at www.athleticsireland.ie

Individuals €5.00 online at www.athleticsireland.ie

LEAGUE RULES

1. Events Round 1 – 60m, 60m Hurdles, 800m, Long Jump, Pole Vault, Shot Put.
2. Events Round 2 – 200m, 400m, 1500m, Triple Jump, High Jump.
3. Final – 60m, 60mHurdles, 200m, 400m, 800m, 1500m, Long Jump, Pole Vault, Shot Put, Triple Jump, High Jump, 4x 200m Team Relay event.
4. Each Club may enter up to 2 Male and 2 Female Teams
5. Athletes may only compete on 1 team throughout the competition.
6. Four trials for Long Jump, Triple Jump and Shot Put.
7. Four failures in total in High Jump and Pole Vault (Normal 3 consecutive failure elimination rule also applies).
8. All teams compete together – no divisions. Men & Women teams will be scored separately
9. Points will be awarded depending on the number of teams entered in the category.
10. Top 6 men & women's teams will qualify for the final
11. Individual athletes will have a separate competition.
12. Top Male and Female Team will be awarded a perpetual trophy.
13. Athletes must be 16 years of age or over on the 31st December in the year of competition.
14. Men must be 18 years of age or over on the 31st December in the year of competition to compete in the Shot Put.
15. All Teams and Individuals for Round 1 must be entered with Team Names.
16. Athletes may compete in a maximum of 2 track & 1 Field event in Rounds 1 & 2
17. Athletes may compete in a maximum of 2 track & 1 Field or vice versa plus relay on Final day.
18. In the event of a tied position, the countback rule will apply to wins etc..
19. No guests allowed on Teams.

Individual competition will be available as before for the same events as in the League. All individuals should enter online.

There will be open graded endurance races for athletes aged 16+ on the following dates:

Dates- Jan 13^h National League Round 1

Jan 27th- National League Round 2

Feb 4th- AAI Indoor Games

Venues: Jan 13th- NIA Dublin

Jan 27th- AIT

Feb 4th- NIA Dublin

Races: Jan 13th- 800m Male

800m Female

Jan 27th- 800m Male

800m Female

1500m Male

1500m Female

Feb 4th- 800m Male

800m Female

1500m Male

1500m Female

3000m Male

3000m Female

Entry: Entry link open on AAI website. Please note all races will be seeded on race day only, so please make sure to add your personal best and where possible season best for your event.

Pacemakers: Athletes/Coaches must organise any pacemakers themselves and notify Athletics Ireland if doing so.