



Indoor League Competition 2025



Updated: 5th January 2025

The competition is an interclub competition.

No guests from other clubs allowed on a team

All members of the team must be registered for 2025.

This is a senior competition. All members of the team must have attained their 16th birthday by 31 Dec 2025. For the men's shot and 56lb WFD competitions, athletes must have attained their 18th birthday by 31 Dec 2025 to take part.

An athlete can compete in maximum of 3 individual events (1 track event and 2 field events or 2 track events and 1 field event). No restriction on relays.

Athletes must be technically proficient and competent in their events.

The competition will consist of 2 rounds. Overall Team score will be the combined score from the 2 rounds.

Random Lane draws for the qualifying rounds. A lane draw will be held for the final.

In the throws events and horizontal jumps, 4 attempts will be allowed.

In the vertical jumps, maximum 4 fails, 3 consecutive fails rule still applies.

- The opening heights for the Pole Vault shall be 2.00m for men and 1.55m for women.
- The opening height for the High Jump shall be 1.40m for men and 1.20m for women.

Scoring

- $n+1$ points for 1st place, $n-1$ points for 2nd place, $n-2$ points for 3rd place, $n-3$ points for 4th place will apply to in the qualifying rounds. n = number of teams taking part in that competition. For example, if there are 8 teams taking part, the scoring will be 9,7,6,5,4,3,2,1.
- In the event of a tie, the team with the greatest number of wins will take precedence, in the event there still being a tie, the greatest number of second places will take precedence.
- Scoring will be applied to all events.

Events

(14 individual events, 2 relays)

60m, 60mH, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, Long Jump, Triple Jump, High Jump, Pole Vault, Shot, Weight for Distance, 4x200m, 4x400m.

Round 1 (4 track, 3 field, 4x400m relay) ~~Sunday, January 5th NIA Dublin~~ Saturday February 8th TUS Athlone

60mH, 200m, 800m, 3000m, 4x400m, Triple Jump, Pole Vault, Weight for Distance

Qualifying Round 2 (4 track, 3 field, 4x200m relay) Sunday January 19th NIA Dublin

60m, 400m, 1500m, 1500m Walk, 4 x 200m, Long jump, High Jump, Shot

Entering a Team

<https://entry.athleticsireland.ie/#/>

Deadline for Entries will be Midnight Thursday January 2nd, 2025. It will not be possible to accept entries after this date.

For the Round on Sunday January 19th

Competition 1215

Deadline for Team Declaration will be Midnight Wednesday January 15th, 2025.

For the Round on Saturday February 8th

Competition TBC

Deadline for Team Declaration will be Midnight Wednesday February 5th, 2025.

Any queries to League Coordinators pkelly.athletics@gmail.com & berniedunne21@gmail.com

Programmes:

Day 1 ~~January 5th~~ February 8th

<https://www.athleticsireland.ie/wp-content/uploads/2024/12/League-R1-Timetable.pdf>

Day 2 January 19th

<https://www.athleticsireland.ie/wp-content/uploads/2024/12/League-R2-Timetable.pdf>