

## Indoor Club League Rules

- Events Round 1 – 60m, 60mh, 800m, Long Jump, Pole Vault, Shot Put
- Events Round 2 – 200m, 400m, 1500m, Triple Jump, High Jump
- Final – 60m, 60mh, 200m, 400m, 800m, 1500m, Long Jump, Pole Vault, Shot Put, Triple Jump
- High Jump, 4x200m Relay Team Event
- Each Club may enter up to 2 Male & 2 Female teams
- Athletes may only compete on 1 team throughout the competition
- Four trials for Triple Jump, Long Jump & Shot Put
- 4 Failures In Total for Pole Vault and High Jump (Normal 3 consecutive failure elimination rule also applies)
- All teams compete together no divisions, Men & Women teams will be scored separately
- Points will be awarded depending on the number of teams entered in the category
- Top 6 Men & Women Team will qualify for the final
- Individual athletes will have a separate competition
- Entry fee €50 per team €5 per guest per event
- Top male and female team will be awarded a perpetual trophy
- Athletes must be over 16 years of age in the year of competition
- Men must be 18 years of age to compete in the Shot Put
- All Teams and Individuals for Round 1 must be entered with Team Names
- Closing Date 6th January 2017
- Athlete may compete in maximum of 1 track & 1 field event in round 1 & 2
- Athletes may compete in maximum of 2 track & 1 field or vice versa plus relay on final day

**NATIONAL INDOOR CLUB LEAGUE 2017**

**AIT INTERNATIONAL ARENA, ATHLONE**

**JANUARY 14TH:ROUND 1, JANUARY 28TH:ROUND 2, FEBRUARY 4TH:FINAL**

**ATHLETICSIRELAND.IE**  

## PROVISIONAL TIMETABLE

### TRACK

### FIELD

12.00	60mH 60mH	Women Men	12.15	Long Jump Long Jump	Women Men
13.00	60m 60m	Women Men	12.15	Pole Vault Pole Vault	Men Women
14.30	800m 800m	Women Men	13.45	Shot Putt Shot Putt	Men Women

Check in for Individual Athletes is 60 minutes before timed event  
Team Check in must be completed by 11.15