



National Inter Club
Track & Field League
2015

Round 1 Templemore and Mary Peters Track

Round 2 Athlone and Morton Stadium

Final Tullamore Harriers Stadium

Entry Form

Information and Rules

National Track & Field League 2015

1. Team Composition

Teams can be either

- a. Club Teams from a single club
 - **No guests allowed in the premier division.**
 - Maximum of 2 members registered with other clubs from within their county affiliated to the Athletic Association of Ireland **Division 1**
 - These athletes shall be stated clearly on the initial entry, and no changes will be allowed from the close of entries
 - Members of these **club teams** may not take part in any other team.
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- b. Composite Teams
 - More than one club and greater than 2 athletes per club, from within their county affiliated to the Athletic Association of Ireland
 - The names of the clubs and athletes must be given on the initial entry, and no changes will be allowed from the close of entries.
 - Members of these **composite** teams may not take part in any other team.
 - The composite team may compete under a suitable area name.
 - **Team colours must be declared**
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- c. County Teams
 - Entered by a County Board.
 - Names of clubs and athletes must be provided on the entry form, and members named of these clubs may not take part in any other team.
 - Note: A County may enter a team made up of a number of clubs from within their county affiliated to the Athletic Association of Ireland, even though other clubs in the county enter separately or as a composite unit.
 - By agreement of the county, athletes who are not selected to compete on the county team can participate as guests with clubs **in division 1** within their county

2. Club Secretary or Chairman **must** sign the entry of team to which the club is committed.
3. Club members may compete only on the team nominated by the club official.
4. Teams will declare an identifying singlet in advance, which must be worn in all competition. Failure to wear it will result in disqualification and loss of points for all events in which the infringement occurs.
5. Team Managers
 - a. Declare their teams 1 hour before the start of the competition., Note Pole Vault 90 minutes
 - b. Individual athletes need only report to the site of competition.
 - c. No changes in the original team declaration may be made without the consent of the event referee and subsequent notification to the meet organiser.
6. All athletes must be bona fide registered members of the club for which they compete.
7. Members of composite teams must be registered athletes.
8. Members of County teams must be registered athletes from **within** their county.
9. All athletes must be 16 years or over on 31st December in the year of competition.
10. In Senior Men Shot, Discus and Hammer athletes must be 18 years and over to compete.
11. Athletics Northern Ireland clubs entering the league must furnish a list of their athletes to the AAI Office by the closing date. Additional athletes 2 in total, if used, must be from the County of the competing club **permitted in Division 1 only.**
12. 2 top teams in final of Division 1 will be promoted to Premier Division men & women.
13. Demotion will be the bottom 2 teams following rounds 1 & 2.
14. A team not competing in the league for 2 years will be automatically demoted.
15. Changes to the rules and regulations of the national league may be undertaken from time to time by the competitions committee.

16. County or Composite Teams are not eligible to progress to European Team Competition.
17. Teams who fail to field a team in Round 2 will be deemed to be ineligible to compete in the league the following year, subject to review.

Structure and Format

Division 1

Rounds 1, 2 and Final will consist of full programme with both men and women counting 15 best events.

Premier Division

Rounds 1, 2 and Final will consist of full programme with both men and women counting **17 best events for men, 15 best results for women.**

IAAF Rules of Competition will apply

1. In general every effort will be made to locate teams at the one most convenient to them, and men's and women's teams from the same club at the same venue. However the need to balance the strength of the groups means that this cannot be guaranteed.
2. The Referee will decide all matters of fact. Appeals (in writing) to the League co-ordinator or Deputy on the day as per IAAF.
3. Clubs who compete as part of composite or county teams who gain promotion will remain part of that team for a minimum of one further season.
4. Scoring for events shall remain as heretofore,

1 st Place –	9 points,
2 nd place –	7 points
3 rd Place -	6 points
4 th place -	5 points
5 th place -	4 points
6 th place -	3 points
7 th place -	2 points
8 th place -	1 point
5. Qualification for the final is by total number of points scored over rounds 1 & 2.
6. **8 teams per division men and women will progress to the final.**

7. In the event that there is a tied position for the final, the total number of winning positions ie 1st, 2nd, 3rd etc will be the deciding factor.
8. Each athlete may take part in two track and one field event, or two field and one track event, plus relays on each day.
9. Teams shall nominate two officials on the entry form for each round including final, together with details of their events if applicable. The named officials may be changed on the team declaration, but failure to attend will result in deduction of the lowest counting event points on the day.
10. Team managers will certify that competitors are physically fit and technically competent to take part in their events.
11. The referee shall, on recommendation of officials, remove from competition anybody whom through lack of fitness, ability or technique constitutes a danger to himself or other competitors.
12. Non scoring guest athletes may be accommodated in qualifying rounds at the discretion of the Official in charge at the venue, but will not be allowed in the final.
13. In Field events where applicable 4 trials will be allowed.
14. Competitors must bring their own Pole Vault which may not be shared without permission from the owner.
15. Starting Height Pole Vault Men 2.00m Women 1.55m
16. **4 Failures in total for Pole Vault and High Jump (Normal 3 consecutive failure elimination rule also applies)**

National Track & Field League 2015

Entry Form

Team _____

MEN		WOMEN	
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I enclose a non-refundable fee of €100 for each team entered.

Total amount returned with this entry.

Signature _____

Please provide the name and address for all correspondence in relation to the
National Track & Field League

PLEASE USE CAPITALS

Email _____

Phone _____

National Track & Field League 2015 Round 1

Timetable provisional

Track			Field			
			Men		Women	
11.30	100m H	W				
11.45	110m H	M	11.30	Hammer	11.30	High Jump
12.00	1500m Walk	W	11.30	Pole Vault		
12.15	3000m Walk	M				
12.35	400m H	W	11.45	Long Jump		
12.50	400m H	M			12.00	Shot
13.05	4 x 100m	W			13.30	Hammer
13.20	4 x 100m	M	14.00	Shot	13.30	Triple Jump
13.35	1500m	W	14.00	High Jump		
13.50	1500m	M	14.30	Discus	14.30	Pole Vault
14.05	400m	W				
14.20	400m	M	14.45	Triple Jump	14.45	Javelin
14.35	3000m	W				
14.55	3000m S/C	M				
15.15	200m	W	16.00	Javelin	16.00	Discus
15.30	200m	M			16.00	Long Jump
15.45	800m	W				
16.00	800m	M		56 lbs		
16.15	5000m	M				
16.35	100m	W				
16.50	100m	M				
17.05	4 x 400m	W				
17.20	4 x 400m	M				

Scoring System: 9,7,6,5,4,3,2,1

Sequence of events: Premier Women followed by Division 1 Women followed by Premier Men followed by Division 1 Men

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Premier Division Men score in the best 17 events.

Premier Division Women score in the best 15 events

Division One Men and Women score in the best 15 events.