



## NATIONAL INDOOR CLUB LEAGUE 2018

The Indoor Club League will be take place as follows:

**Round 1:** 13<sup>th</sup> January – National Indoor Arena, Abbotstown.

**Round 2:** 27<sup>th</sup> January – International Arena, Athlone

**Final:** 3<sup>rd</sup> February - National Indoor Arena, Abbotstown.

**Entry Fee:** Team €50.00, Entries by Club Official online at [www.athleticsireland.ie](http://www.athleticsireland.ie)

Individuals €5.00 online at [www.athleticsireland.ie](http://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 8 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 31<sup>st</sup> December in the year of competition.
14. Men must be 18 years of age or over on the 31<sup>st</sup> 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.**

**We draw your attention to the continued initiative below for endurance athletes.**

### **AAI HP Indoor Endurance Initiative 2018**

We are pleased to announce a new indoor endurance initiative which will focus on creating some high quality middle distance races for athletes aged 16+ of all levels. Please find details below of this new initiative.

### **AAI HP Indoor Endurance Initiative 2018**

**Dates-** Jan 13<sup>h</sup> National League Round 1

Jan 27<sup>th</sup> - National League Round 2

Feb 4<sup>th</sup> - AAI Indoor Games

**Venues:** Jan 13<sup>h</sup> - NIA Dublin

Jan 27<sup>th</sup> - AIT, Athlone

Feb 4<sup>th</sup> - NIA Dublin

**Races: Jan 13<sup>th</sup> - 800m Male**

800m Female

**Jan 27<sup>th</sup> - 800m Male**

800m Female

1500m Male

1500m Female

3000m Male

3000m Female

**Feb 4<sup>th</sup> - 800m Male**

800m Female

1500m Male

1500m Female

3000m Male

3000m Female

**Entry:** Entry link open on AAI website and closes the Tuesday night before each event. No entries allowed after this point. To be seeded correctly and in the appropriate race, please enter online or you may be placed in a lower standard race.