



Irish Life
health



IRISH LIFE HEALTH NATIONAL INDOOR LEAGUE 2019

The National Indoor League in 2019 will consist of the best of 2 rounds (No Final) and will take place as follows:

Round 1: Saturday 12th January 2019, National Indoor Arena, Dublin

Round 2: Saturday 26th January 2019, International Arena, Athlone

Entry Fee: €50 euro. Entries by Club Official available online from the 20th December.

Team Entries Online (Payment can be made by phone 018869933)

Individuals €5.00 on the day.

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, 4 X 200m Relay.
3. Each Club may enter up to 2 Male and 2 Female Teams
4. Athletes may only compete on 1 team throughout the competition.
5. Four trials for Long Jump, Triple Jump and Shot Put.
6. Four failures in total in High Jump and Pole Vault (Normal 3 consecutive failure elimination rule also applies).
7. All teams compete together – no Divisions. Men & Women teams will be scored separately
8. Points will be awarded depending on the number of teams entered in the category.
9. Individual athletes will have a separate competition.
10. Top Male and Female Team will be awarded a perpetual trophy.
11. Athletes must be 16 years of age or over on the 31st December in the year of competition.
12. Men must be 18 years of age or over on the 31st December in the year of competition to compete in the Shot Put.
13. All Teams for Round 1 must be entered with Team Names i.e. A&B
14. Athletes may compete in a maximum of 2 track & 1 Field event in Rounds 1 & 2
15. In the event of a tied position, the countback rule will apply to wins etc.
16. No guests allowed on Teams.

Individual competition will be available as before for the same events as in the League. All individuals can enter on the day.