Indoor League Competition 2026

Revised 16 Nov 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 2026.

This is a senior competition.   All members of the team must have attained their 16th birthday by 31 Dec 2026. For the men's shot and 56lb WFD competitions, athletes must have attained their 18th birthday by 31 Dec 2026 to take part.

An athlete can compete in maximum of 3 individual events in each round (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 qualifying rounds (Saturday 24th Jan NIA & Sunday 8th Feb TUS Athlone) and a final (Saturday Feb 14th, NIA). Top 8 teams (based on combined score) from the qualifying rounds will advance to the final.

Random Lane draws will be used for all rounds.   Where an athlete from a team fails to show for a laned event, the lane will remain empty.

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 in the qualifying rounds. In the final, scoring will be applied to 14 of the 15 events (1 event can be dropped).

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.

(*qualifying round only)

Saturday January 24th, NIA: *Qualifying Round 1 (4 track, 3 field, 4x400m relay)*

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

Sunday February 8th, TUS Athlone: *Qualifying Round 2 (4 track, 3 field, 4x200m relay)*

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

Saturday February 14th, NIA: *Final (8 track, 6 field, 4x400m relay, 14 events to score)*

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

Entrering a Team & Important Closing Dates

Teams must register & pay using E4S by midnight Monday January, 11th.

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

Team Declarations for all rounds must be declared using E4S by Midnight Tuesday the week before each round of the League.

(R1 Tuesday January 20th, R2 Tuesday February 3rd, Final Tuesday February 10th)

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

Open/Guest Events

Open Guest events will be held in the afternoon on each day of the qualifying rounds.   Athletes who wish to particpate in these events, must enter these events using E4S, https://entry.athleticsireland.ie/#/

Please contact me with any queries

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Indoor League Coordinator

National Indoor League Round 1 2026
NIA, Dublin January 24th

PROVISIONAL PROGRAMME, Times are a Guide Only and may change the week of the event

Session 1, League

Track			Field		
11:00	60m H	Women	11:00	Pole Vault	Women
11:10	60m H	Men	12:30	Pole Vault	Men
11:30	800m	Women			
11:40	800m	Men	11:00	Weight Throw	Women
12:00	200m	Women	11:45	Weight Throw	Men
12:20	200m	Men			
12:35	3000m	Women	11:00	Triple Jump	Men
12:50	3000m	Men	12:00	Triple Jump	Women
13:10	4 x 400m	Women			
13:25	4 x 400m	Men			

Session 2, Guest Events

Track			Field		
14:00	60mH	Men	14:00	Triple Jump	Men
14:10	60mH	Women	14:00	Triple Jump	Women
14:20	1500m	Women	14:00	Pole Vault	Men
14:30	1500m	Men	14:00	Pole Vault	Women
14:40	60m Series 1	Women			
15:00	60m Series 1	Men			
15:30	400m	Women			
15:45	400m	Men			
16:00	60m Series 2	Women			
16:15	60m Series 2	Men			
16:35	200m	Women			
16:45	200m	Men			

- **Guest Weight for Distance takes place with League in Session 1**
- **Check in for 60m Series 2 opens after Series 1 is complete**
- **If withdrawing from an event you have checked in for, please let check in know, so we won't have empty lanes/unnecessary heats**

PROVISIONAL PROGRAMME, Times are a Guide Only and may change the week of the event

Session 1, League

	Track			Field	
11:00	60m	Men	11:00	High Jump	Women
11:15	60m	Women	12:30	High Jump	Men
11:30	1500m	Women			
11:40	1500m	Men	11:00	Shot Put	Women
12:00	400m	Women	12:00	Shot Put	Men
12:15	400m	Men			
12:30	Walks	Women	11:00	Long Jump	Men
12:40	Walks	Men	12:00	Long Jump	Women
12:50	Walks	Guest Open			
13:10	4 x 200m	Women			
13:25	4 x 200m	Men			

Session 2, Guest Events

	Track			Field	
14:00	60m Series 1	Women	14:00	Long Jump	Men
14:20	60m Series 1	Men	14:00	Long Jump	Women
14:45	800m	Women	14:00	Shot Put	Men
15:00	800m	Men	14:00	Shot Put	Women
15:10	60m Series 2	Women	14:00	High Jump	Men
15:30	60m Series 2	Men	14:00	High Jump	Women
16:00	60mH	Men			
16:10	60mH	Women			
16:30	200m	Women			
16:45	200m	Men			

- **Guest Walks take place with League in Session 1**
- **Check in for 60m Series 2 opens after Series 1 is complete**
- **If withdrawing from an event you have checked in for, please let check in know, so we won't have empty lanes/unnecessary heats**

National Indoor League Final 2026

NIA Dublin, February 14th

Track			Field		
11:00	60m	Women	11:00	Pole Vault	Men
11:05	60m	Men	13:00	Pole Vault	Women
11:15	1500m	Women			
11:25	1500m	Men	12:00	High Jump	Men
11:45	400m	Women	13:30	High Jump	Women
11:55	400m	Men			
12:10	1500m Walk	Women	11:00	Long Jump	Men
12:25	1500m Walk	Men	11:45	Long Jump	Women
12:40	60mH	Men			
12:50	60mH	Women	13:00	Triple Jump	Men
Break			14:00	Triple Jump	Women
13:30	800m	Women			
13:40	800m	Men	11:00	Weight Throw	Women
13:50	200m	Women	11:45	Weight Throw	Men
14:00	200m	Men			
14:15	3000m	Women	13:30	Shot Put	Women
14:30	3000m	Men	14:15	Shot Put	Men
14:50	4 x 400m	Women			
15:00	4 x 400m	Men			

Results available @ live.athleticsireland.ie

Scoring 9,7,6,5,4,3,2,1 points

Scoring will apply to 14 of the 15 events

Events may be brought forward by up to 15 minutes