



2026 National League Preliminary Round Competition Booklet

Revision: 0, 6th May 2026

Important Dates:

- **Preliminary Round Saturday June 20th, Tullamore**
 - **(Final Sunday August 9th, Morton Stadium, Santry)**
- **Teams are asked to register their interest with**
pkelly.athletics@gmail.com (League Coordinator) &
competition@athleticsireland.ie by **Monday June 8th**
- **Team Declarations: 9pm Monday June 15th**
 - Competition 1612 @ entry.athleticsireland.ie (€100 per team)

Notes

- The competition will consist of two rounds. A preliminary qualifying round to be held on Saturday June 20th in Tullamore and a Final on Sunday August 9th in Morton stadium, Santry.
- There will be two competitions in the league for both men and women.
 - Club Team Competition
 - If 16 or more teams take part- Top 8 teams in the preliminary round will advance to the Premier Division Final, teams in 9th-16th position will advance to the Division 1 final.
 - If less than 16 teams take part - Top 7 teams in the preliminary round will advance to the Premier Division Final, remaining teams will advance to the Division 1 final.
 - If less than 14 or more teams take part - Top 6 teams in the preliminary round will advance to the Premier Division Final, remaining teams will advance to the Division 1 final.

- County / Composite Team Competition (two or more clubs from the same county coming together to form a team).
 - If 10 or more teams take part in the preliminary round
 - Top 8 teams will advance to the Final.
 - If less than 10 teams take part in the preliminary round – Top 6 teams will advance to the Final.
- A club cannot have athletes competing in both league competitions (a club cannot have athlete(s) competing on a county/composite team if they have entered a club team). This rule carries through to the final even if the club team are eliminated or do not take part in the final. Men & Women's competitions are separate, so if a club's men are fielding a team, the women can be part of a county/composite team and vice versa.
- A team consists of a minimum of 4 athletes and must take part in a relay competition. Teams that do not meet this criteria at time of declaration will not be allowed take part in the league. Teams that do not meet this criteria on competition day will not be given a final team score.
- No guests are permitted.
- All Athletes on a Team must be Registered with Athletics Ireland or Athletics Northern Ireland for 2026.
 - Teams that field unregistered or ineligible athletes risk disqualification.
- This is a senior competition. All members of the team must have attained their 16th birthday by 31 Dec 2026. For the men's hammer, discus, shot and 56lb WFD competitions, athletes must have attained their 18th birthday by 31 Dec 2026 to take part.
- Athletes must be technically proficient and competent in their events. Failure to be will lead to athlete's exclusion from said event.
- Clubs must have one helper per team available at all times to help run the competition, (helpers can be rotated during the day), invited national officials cannot be nominated as helpers.
- County/Composite teams must wear the same colour singlet.

Scoring:

- Final Team Score : Best 15 of the 21 events count
- Scoring System: 1st n+1 points, 2nd n-1 points, 3rd n-2 points... where n = the number of teams taking part. (example 10 teams taking part, 1st team scores 11 points, 2nd team 9 points, 3rd team 8 points). Where less than 8 teams are entered the scoring to apply : 1st team scores 9 points, 2nd team 7points
- 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, finishing place in the 4x400m relay will be used to separate the teams.

Events:

- In each Round Athletes limited to 2 Track Events & 1 Field Event, or 2 Field Events & 1 Track Event. No limit on participation in Relays.
- 21 events, Teams can participate in all events but only the best 15 will count to the final team score.
- Track Events: 100m, 200m, 400m, 800m, 1500m, 3000m/5000m, Sprint Hurdles, 400m Hurdles, 1500m Walk, 2000m/3000m Steeplechase
- Relays: 4 x 100m, 4 x 400m
- Random Lane Draws will be used to allocate lanes and heats.
 - Where an athlete from a team fails to show for a laned event, the lane will remain empty.
- Jumps: Long Jump, Triple jump, High Jump, Pole Vault
- Throws: Shot, Discus, Hammer, Javelin, Weight for Distance
- 4 attempts for the Throws and Horizontal jumps.
- Max 4 Fouls in the Vertical Jumps, 3 consecutive Foul Rule still applies.
- Please note that poles for the pole vault will not be provided. Athletes may bring their own throwing implements, but these must be inspected.

- Progression for Vertical Jumps

Event	Progression
Women's High Jump	Opening height 1.25m, 10cm increments to 1.45m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.45m, 10cm increments to 1.65m, 5 cm increments to 1.80m, 3 cm increments thereafter
Women's Pole Vault	Opening height 1.55m, 30cm increments to 2.45m, 15 cm increments to 2.90m, 10cm increments thereafter
Men's Pole Vault	Opening height 2.00m, 30cm increments to 3.20m, 15 cm increments to 3.80m, 10cm increments thereafter

Programme of events:

See below a provisional programme, a final programme will be finalised once team entries are received



**National Outdoor League
Prelim Round Track & Field
20th June 2026 (PROVISIONAL)**

123.ie

This timetable is designed as a guide of event times. Events may run ahead of schedule (30 minutes ahead up to 1pm, 60 minutes ahead after 1pm) and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Track			Field	
			Men	Women
11:00	110m H (1.067m)	M		
	100m H (0.838m)	W	10:30	Hammer 7.26K
11:30	1500m Walk	W		
	1500m Walk	M	11:00	Pole Vault
12:00	400m H (0.762m)	W	11:00	Long Jump
	400m H (0.914m)	M		11:30
12:30	4 x 100m	W	11:30	Shot Put 7.26K
	4 x 100m	M		13:00
13:00	1500m	W	13:30	Discus 2K
	1500m	M		13:00
13:45	400m	W	13:00	High Jump
	400m	M		13:00
14:15	3000m	W		14:30
14:40	3000m S/C (0.914m)	M	14:30	Triple Jump
15:00	200m	W	14:30	WFD 56lb
	200m	M		16:00
15:30	800m	W	15:30	Javelin 800g
	800m	M		16:30
16:00	5000m	M		
16:30	2000m S/C (0.762m)	W		
17:00	100m	W		
	100m	M		
17:30	4 x 400m	W		
	4 x 400m	M		

Order: Club followed by County

Events:

Track

100m, 100mH/110mH, 200m, 400m, 400mH, 800, 1500m, 3000m/5000m, 2000mSC/3000mSC, 1500mW, 4x100m, 4x400m,

Field

HJ, LJ, PV, TJ, SP, JT, HT, DT, WfD.

4 attempts for the Throws and Horizontal jumps.

Max 4 Fouls in the Vertical Jumps, 3 consecutive Foul Rule still applies

Women's High Jump	Opening height 1.25m, 10cm increments to 1.45m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.45m, 10cm increments to 1.65m, 5 cm increments to 1.80m, 3 cm increments thereafter
Women's Pole Vault	Opening height 1.55m, 30cm increments to 2.45m, 15 cm increments to 2.90m, 10cm increments thereafter
Men's Pole Vault	Opening height 2.00m, 30cm increments to 3.20m, 15 cm increments to 3.80m, 10cm increments thereafter

Scoring: Teams Score in best 15 events & must field a relay team

Athletes limited to 2 Track Events & 1 Field Event, or 2 Field Events & 1 Track Event. No limit on participation in Relays.

Winning team gets n+1 points where n = number of teams taking part. 2nd team n-1 points, 3rd team n-2 points...

Results: live.athleticsireland.ie

Notes for Final

Premier Teams

- Scoring: Best 17 of 21 Events
- No Guests Allowed

Division 1 Teams

- Scoring: Best 15 of 21 Events
- No Guests Allowed

County/Composite Teams

- Scoring: Best 15 of 21 Events
- No Guests Allowed

Lanes Draws for Final

Ranking for Final	Short Hurdles	Long Hurdles	100 m	200 m	400 m	4 x 100m	4 x 400m	800 m
1st	2	3	4	5	6	7	8	1
2nd	3	4	5	6	7	8	1	2
3rd	4	5	6	7	8	1	2	3
4th	5	6	7	8	1	2	3	4
5th	6	7	8	1	2	3	4	5
6th	7	8	1	2	3	4	5	6
7th	8	1	2	3	4	5	6	7
8th	1	2	3	4	5	6	7	8
Ranking for Final	Short Hurdles	Long Hurdles	100 m	200 m	400 m	4 x 100m	4 x 400m	800 m
1st	2	3	4	5	6	7	8	2
2nd	3	4	5	6	7	8	2	3
3rd	4	5	6	7	8	2	3	4
4th	5	6	7	8	2	3	4	5
5th	6	7	8	2	3	4	5	6
6th	7	8	2	3	4	5	6	7
7th	8	2	3	4	5	6	7	8
Ranking for Final	Short Hurdles	Long Hurdles	100 m	200 m	400 m	4 x 100m	4 x 400m	800 m
1st	2	3	4	5	6	7	2	3
2nd	3	4	5	6	7	2	3	4
3rd	4	5	6	7	2	3	4	5
4th	5	6	7	2	3	4	5	6
5th	6	7	2	3	4	5	6	7
6th	7	2	3	4	5	6	7	2

Random Draw for all other events

1500m, Walk, Steeplechase, 3000m/5000m, Long Jump, Triple Jump, High Jump, Pole Vault, Shot, Discus, Javelin, Hammer, Weight for Distance