

**Team Trophy League 2019 Inc Open Graded Meetings**

**Information Sheet**

Dates & Venues

**Round 1**

Sunday 23rd June

Mary Peters Track, Belfast

Incorporating NI & Ulster Senior Relay 4 x 400m

**Round 2**

Saturday 6th July

Meadowbank Arena, Magherafelt

Incorporating NI & Ulster 10,000m Championships

**Round 3**

Sunday 4th August

Antrim Forum, Antrim

Incorporating NI & Ulster Senior Relay 4 x 100m

Team Trophy Rules

(a)     A maximum of two athletes from each club can score in any event. **Open for competition for men and women aged 15 or over by the 31st August.**

(b)     The first 6 eligible athletes will score points in each event.

(c)      Scoring - 7, 5, 4, 3, 2, 1

(d)      In track events comprising more than one race the best 6 eligible performances will score.

(e) Scores are cumulative across the 3 rounds.

(e)      Field events will be restricted to 4 jumps/throws

(f)      Athletes can only compete and score on a Team Competition for one club

(g)      Team Trophy for winning Men’s and Women’s Teams.

(h)       Athletes in the Team Trophy should enter on the day in their individual events.

(i) The following events will feature twice across the three rounds:

Women – 100m, 200, 400m, 800m, 1500m, 3000m, 100mH, LJ,TJ, HJ, Shot, Jav, Discus, Hammer

Men - 100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, LJ,TJ, HJ, Shot, Discus, Jav, Hammer

Pole Vault, 3k s/chase and 400mH will only feature in one round, but will be a double scoring event.

4 x 100m relay and 4 x 400m relay will score on the same day as the NI & Ulster Championship of that event.

Graded Meets - Rules of Competition: Individual Entries

(a)       **Open for competition for men and women 15 years of age and older by the 31st August.**

(b)     Events on the track may be graded according to standard.

(c) **All implements/hurdles must be senior weights/specifications**

Entry Fees

Team Trophy: £50 per team – this covers all 3 rounds of the League. Clubs with more than 2 athletes per event will be invoiced for any additional athletes after each round

Open Events: For athletes not in clubs already entered in the Team Trophy - £3 for one event or £5 for multiple events at each round