

**Team Trophy League 2020 Information Sheet**

Dates & Venues

**Round 1**

Saturday 25th April

Meadowbank Arena, Magherafelt

Incorporating NI & Ulster Senior Relay 4 x 100m

**Round 2**

Saturday 23rd May

Antrim Forum

**Round 3**

Sunday 16th August

Mary Peters Track

Incorporating NI & Ulster Senior Relay 4 x 400m & 10,000m Championships

Team Trophy Rules

1. 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.**
2. The first 6 eligible athletes will score points in each event.
3. Scoring - 7, 5, 4, 3, 2, 1
4. In track events comprising more than one race the best 6 eligible performances will score.
5. Scores are cumulative across the 3 rounds.
6. Field events will be restricted to 4 jumps/throws
7. Athletes can only compete and score on a Team Competition for one club
8. Team Trophy for winning Men’s and Women’s Teams.
9. Athletes in the Team Trophy should enter on the day in their individual events.
10. 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

1. Pole Vault, 3k Steeplechase and 400mH will only feature in one round and will be a double scoring event.
2. The 4 x 100m and 4 x 400m Relay Championships will be scoring events. Teams who have entered the Team Trophy will be automatically allowed one team in each relay. Additional teams MUST be entered through the online entry system, and will adhere to the Championship Entry Policy.

Open Meets - Rules of Competition: Individual Entries

(a)       **Open for competition for all athletes aged 15 years 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, plus one team entry to the Relay Championships for the 4x100m and the 4x400m. Clubs with more than 2 athletes per event will be invoiced for any additional athletes after all rounds are completed.

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.

Championship Events: Athletes who wish to enter the NI & Ulster 10,000m Championships MUST enter through the online entry system and adhere to the Championship entry policy. Relay Championships- teams who have entered the Team Trophy event will be allowed 1 team in each relay. Additional teams MUST be entered through the online entry system, and will adhere to the Championship Entry Policy.