

4th Annual NORTH WEST INDOOR GAMES

Saturday December 29th 2018 at AIT Indoor Arena

First event will start at 10am, detailed timetable and order of events will issue at a later date

Events based on 2018 age groups (*you can move up a year for more challenge)

U12 Boys\Girls Born 2008 and 2007: 60m, 60m Hurdles, 600m, 1,000m walk, shot, Long Jump, High Jump, 4 x 200m Relay

U14 Boys\Girls Born 2006 and 2005: 60m, 60m Hurdles, 800m 1,000m walk shot, Long Jump, High Jump, 4 x 200m Relay

U16 Boys\Girls Born 2004 and 2003: 60m, 60m Hurdles, 200m, 400, 800m, 1,500m, 1,000m Walk, Long Jump, High Jump, 4x200m Relay

U18 Men\Women Born 2002 and 2001: 60m, 60m Hurdles, 200m, 400m, 800m, 1,000m Walk, 1,500m, Shot, Long Jump, High jump, Triple Jump, 4x200m Relay

JUNIOR (U20= ages 16-19 years)Men\Women: 60m, 60m hurdles, 200m, 400, 800m, 1,000m Walk, 1,500m, 3,000m shot, long jump, triple jump, 4x200m Relay

Senior Men\Women: 60m, 60m hurdles, 200m, 400, 800m, 1,000m Walk, 1,500m, 3,000m shot, long jump, triple jump, 4 x 200m Relay

Masters Men\Women: 60m, 60m hurdles, 200m, 400, 800m, 1,000m Walk, 1,500m, 3,000m shot, long jump, triple jump, 4 x 200m Relay

Entry Fees: Juveniles €3 per event. Senior/Masters €5 per event. Relays €20 per team

There will be a limit of 3 athletes per club per event

All athletes must wear their club singlet

Athletes can compete in a maximum of three events plus a relay

All track events are time trials, only three attempts allowed in Long and Triple Jumps and Shot.

U/12 athletes MAY use starting blocks, all other athletes MUST use blocks. IAAF false start rules will apply

Electronic timing will be in operation for all track events

NO Entries will be accepted on the day of competition

Deadline for Longford AC entries is 5pm on Monday December 10th.