

## Hello All

See details below for the 2016 Baseline Indoor meet in Athlone IT.

### 2016 AIT Baseline Indoor T&F meet

AIT Athletics currently invites entries for the 4th annual 'AIT Baseline Indoor T&F Meet' from athletes looking to lay down a marker for the coming indoor season.

Similar to previous years this event, which has proven immensely popular and was a sell-out in 2015, will give athletes the opportunity to test themselves in several non-standard events on the state-of-the-art Athlone IT International Arena track. Electronic timing will be available.

While many athletes may not yet feel fully race-fit, the programme comprises of several events often used in training to assess fitness, or lay down a base-line. So get down to AIT on Wednesday 14th December to lay down your base-line and kick off your indoor season.

This is an Open category competition open to Junior, Senior and Master athletes. However, athletes must be eligible to compete in senior competition as per Athletics Ireland rules.

As this is presented as a time-trial event, rather than a formal competition, seeding and associated lane draws are not guaranteed in any track event. However we will endeavour to seed where possible. All track events will run as heats only.

Place note a 1000m race has been added to this year's programme in place of a 600m after several requests for same.

Entries must be made on-line by 5pm on Monday 12th December. Cost is €6 per event payable on-line.

2016 Events: Open Male & Open Female 60m, 150m, 300m, 1000m, 3000m, LJ, SP & HJ. As per previous years, we will endeavour to distribute start-lists in advance of the competition.

Online entry here - <https://events.athleticsireland.ie/ps/event/AITBaselineIndoorTF2016>

Click here for provisional timetable -

<https://www.dropbox.com/s/9pqwjeea15091c1/2016%20Baseline%20Timetable.docx?dl=0> . This may be amended upon close of entries.

Click here for 2015 results -

<https://www.dropbox.com/s/10k4tzsd3kcb5oa/2015%20AIT%20Baseline%20T%26F%20Results.xls?dl=0> .

Contact: [bookings@ait.ie](mailto:bookings@ait.ie)

Regards,  
Paul

[PaulMcNamara@athleticsireland.ie](mailto:PaulMcNamara@athleticsireland.ie)