



مجلس دبي الرياضي  
**DUBAI**  
SPORTS COUNCIL



# TRACK & FIELD

**LEAGUE 2024 - 2025**  
DUBAI, UNITED ARAB EMIRATES



**AIS**  
ATHLETICS

# TRACK & FIELD

## LEAGUE 2024 - 2025 DUBAI, UNITED ARAB EMIRATES

Welcome to the AIS Athletics Track & Field League 2024-2025, the largest track and field league in the UAE. This season features four league matches and a final, held across three venues in Dubai, with six age groups competing for points in up to eight events per match. With the overall points champion in each age group being crowned the League Champion.

The AIS Athletics Track & Field League is officially recognized, electronically timed, and organized in partnership with the Dubai Sports Council.

## ONE COMPETITION PER MONTH



## VENUE PARTNERS





## RULES & GUIDELINES

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### 1. SELECTING THE CORRECT AGE GROUP

Please ensure your child enters the correct age group. We will be checking this and if a child is registered for the wrong age group they will unfortunately be disqualified.

**U20 & SENIOR MEN & WOMEN** - Athletes aged 17 years old and above on the 31st August 2025

**U17 MEN & WOMEN** - Children aged 15 years and 16 years old on the 31st August 2025

**U15 BOYS & GIRLS** - Children aged 13 years and 14 years old on the 31st August 2025

**U13 BOYS & GIRLS** - Children aged 11 years and 12 years old on the 31st August 2025

**U11 BOYS & GIRLS** - Children aged 9 years and 10 years old on the 31st August 2025

**U9 BOYS & GIRLS** - Children aged 7 years and 8 years old on the 31st August 2025

### 2. LEAGUE SCORING SYSTEM

Athletes are encouraged to compete in as many events as they like, however will only receive league points for four of their events per league match. These will be the four highest scoring events that the athlete competes in. Events with the 🏆 symbol next to them will receive double points. The following points will be awarded for league competitions:

POSITION	POINTS
🏆	DOUBLE POINTS
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	4
5 <sup>th</sup>	2
6 <sup>th</sup>	1
7 <sup>th</sup>	1
8 <sup>th</sup>	1
9 <sup>th</sup>	1
10 <sup>th</sup> - 20 <sup>th</sup>	1

### 3. BIB NUMBERS

All athletes must keep their bib numbers from previous league matches. An athlete will have the same bib number throughout the league. Replacement bib numbers will be reissued at a 25AED charge.

### 4. CALL ROOM / REPORTING FOR YOUR EVENTS

All athletes must report and register with the AIS official overseeing their event at the correct time. If an athlete has two events at the same time, they must register for the field event before going to their track event, and return directly to the field event once the track event has finished. As the scheduled times for each event may change slightly on the day, it is the parent and athletes responsibility to listen for the announcements for their event on the day. AIS Athletics are not responsible for missed events, and these will not be refunded.



## RULES & GUIDELINES

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### 5. HEATS & FINALS

All heats will be pre determined and heat lists will go online 24 hours before the event takes place.

There will be heats for each track event as per the timetable. This is however subject to the number of entries. There will not be a direct final. The top 3 fastest times in each event will get the medals.

All track events are electronically timed.

One false start disqualification rule will be implemented for all U15 to U20/Senior competitions. This is subject to the track referee's desecration. Their say is final, and must be respected!

### 6. FIELD EVENTS

Each athlete is entitled to 4 attempts in the long jump, shot put & javelin. For high jump, we will follow the standard international rules of 3 failed attempt per height.

### 7. FIELD EVENTS - IMPLEMENT WEIGHT

The following weights will be used in each age group for the shotput, discus, and javelin. In case of any implement weight discrepancies, (e.g 2.7kg shot put instead of 2.72kg shot put) the results will not be published as part of the national rankings.

AGE GROUP	SHOT PUT	JAVELIN	DISCUS
U13 BOYS	3kg	400g	
U13 GIRLS	2.72kg	400g	
U15 BOYS	4kg	600g	
U15 GIRLS	3kg	500g	
U17 MEN	5kg	700g	1.5kg
U17 WOMEN	3kg	500g	1kg
U20 MEN	6kg	800g	1.75
U20 WOMEN	4kg	600g	1kg
SENIOR MEN	7.26KG	800g	2kg
SENIOR WOMEN	4KG	600g	1kg

### 8. BRINGING YOUR OWN EQUIPMENT

AIS Athletics will provide all throwing equipment including starting blocks. However, athletes are allowed to bring their own equipment if they prefer.

### 9. SCHEDULE & START LIST

The schedule & start list will be shared within 2 days of the registration process closing. We unfortunately will not be able to accept late entries.



## **RULES & GUIDELINES**

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### **10. ELECTRONIC TIMING**

To ensure accurate timing at all our events we will have access to 2 different electronic timing systems. Photovision Dual Camera System and Lynx Timing System. As a standard we will also always have an official on the lpad using the Sprint Timer app, incase the electronic timing fails us. (All lpad timings will not make the national rankings)

### **11. KIT**

Please wear your school, club, national, or sponsors kit. Athletes who are not wearing these may not be allowed to compete.

### **12. FOOTWEAR**

Spikes will be allowed for all age groups. However, for track events the length of spike must be a maximum of 6mm. And for field events a maximum of 9mm.

### **13. EVENT PAYMENT & CANCELLATION**

We will not be accepting any payments on the day to add or change events. To confirm, your event payment must be made beforehand through the online payment portal, and before the deadline.

Once an event has been entered you have up to 24 hours before the closing date to change events, or cancel your registration with a full refund.

We do not offer refunds for cancelled events or no show prior to the event closing date. We do not offer adjustments for future events.

### **14. MEDALS & TROPHIES**

During the 4 league matches there will be no medals, and athletes will instead receive league points. Once the 4 league matches have been completed we will combine an athlete's points (across all 4 league matches) and give trophies to the top 3 finishers (most overall league points) in each age groups.

### **15. LIABILITY & RISK**

Young athletes take part in the competition at their own risk. AIS Athletics, and the facility are not responsible for any loss, injury, or serious harm before, during, or after the event. Athletes acknowledge that the event involves physical activities with inherent risks, including potential injury, and voluntarily accept these risks.

### **16. TERMS & CONDITIONS**

To participate in an event organised by AIS Athletics, all athletes must have accepted the terms & conditions. These are available here. [www.aisathleticsuae.com](http://www.aisathleticsuae.com)



## LEAGUE EVENTS 2024 - 2025

### LEAGUE MATCH ONE

FRIDAY 18<sup>th</sup> OCT 2024 | GEMS WORLD ACADEMY

AGE GROUP	GENDER	EVENTS							
UNDER 9	M/F	60m	150m	300m	1000m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	1000m	LJ	JAV	HJ	SP
UNDER 13	M/F	80m	150m	300m	1000m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP
U20 + SENIOR	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP

### LEAGUE MATCH TWO

FRIDAY 15<sup>th</sup> NOV 2024 | SWISS INTERNATIONAL SCHOOL

AGE GROUP	GENDER	EVENTS							
UNDER 9	M/F	60m	150m	300m	600m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	600m	LJ	JAV	SP	
UNDER 13	M/F	80m	150m	300m	600m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	800m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	800m	LJ	JAV	HJ	SP
U20 + SENIOR	M/F	100m	200m	400m	800m	LJ	JAV	HJ	SP

### LEAGUE MATCH THREE

SUNDAY 8<sup>th</sup> DEC 2024 | GEMS WORLD ACADEMY

AGE GROUP	GENDER	EVENTS							
UNDER 9	M/F	60m	150m	300m	1000m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	1000m	LJ	JAV	HJ	SP
UNDER 13	M/F	80m	150m	300m	1000m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	DISCUS
U20 + SENIOR	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	DISCUS

### LEAGUE MATCH FOUR

FRIDAY 10<sup>th</sup> JAN 2025 | SWISS INTERNATIONAL SCHOOL

AGE GROUP	GENDER	EVENTS							
UNDER 9	M/F	60m	150m	300m	600m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	600m	LJ	JAV	SP	
UNDER 13	M/F	80m	150m	300m	600m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP
U20 + SENIOR	M/F	100m	200m	400m	1500m	LJ	JAV	HJ	SP

## EXAMPLE TIMETABLE FOR THE LEAGUE

TRACK		
Race Time	Age Group	Event
17:00	U9 B	600m
17:00	U11 B	600m
17:05	U9 G	600m
17:05	U11 G	600m
17:10	U13 B	600m
17:15	U13 G	600m
17:20	U9 B	60m
17:30	U9 G	60m
17:40	U11 B	60m
17:50	U11 G	60m
17:55	U13 B	80m
18:00	U13 G	80m
18:10	U9 B	300m
18:15	U9 G	300m
18:20	U11 B	300m
18:25	U11 G	300m
18:30	U13 B	300m
18:35	U13 G	300m

Under 9s, U11 + U13

18:45	U15 B	100m
18:50	U15 G	100m
18:55	U17 B	100m
19:00	U17 G	100m
19:05	U20 G & Seniors W	100m
19:10	U20 B & Seniors M	100m

U15 - Seniors

19:15	U9 B	150m
19:20	U9 G	150m
19:25	U11 B	150m
19:30	U11 G	150m
19:35	U13 B	150m
19:40	U13 G	150m

U9, U11 + U13

19:50	U15 B	400m
19:55	U15 G	400m
20:00	U17 B	400m
20:05	U17 G	400m
20:10	U20 G & Seniors W	400m
20:15	U20 B & Seniors M	400m
20:20	U15 B	800m
20:20	U17 B	800m
20:20	U20 B & Seniors M	800m
20:25	U15 G	800m
20:25	U17 G	800m
20:25	U20 G & Seniors W	800m
20:35	U15 B	200m
20:40	U15 G	200m
20:45	U17 B	200m
20:50	U17 G	200m
20:55	U20 G & Seniors W	200m
21:00	U20 B & Seniors M	200m

U15, U17, U20 + Seniors

FIELD		
Start Time	Age Group	Event
17:00 - 17:45	U9 B	Javelin
17:00 - 17:45	U9 G	Javelin
17:00 - 17:45	U13 B	Long Jump
17:00 - 17:45	U13 G	Long Jump
17:30 - 18:15	U15 & U17 B	High Jump
17:30 - 18:15	U15 & U17 G	High Jump
17:45 - 18:30	U13 B	Javelin
17:45 - 18:30	U13 G	Javelin
17:45 - 18:30	U11 B	Long Jump
17:45 - 18:30	U11 G	Long Jump
18:30 - 19:15	U9 B	Long Jump
18:30 - 19:15	U9 G	Long Jump
18:30 - 19:15	U13 B	High Jump
18:30 - 19:15	U13 G	High Jump
18:30 - 19:00	U15 & U17 B	Shot Put
18:30 - 19:00	U15 & U17 G	Shot Put
18:30 - 19:00	U20 B & Seniors M	Javelin
18:30 - 19:00	U20 G & Seniors W	Javelin
19:00 - 19:45	U11 B	Javelin
19:00 - 19:45	U11 G	Javelin
19:15 - 19:45	U13 B	Shot Put
19:15 - 19:45	U13 G	Shot Put
19:15 - 19:45	U20 B & Seniors M	High Jump
19:15 - 19:45	U20 G & Seniors W	High Jump
19:15 - 20:00	U15 & U17 B	Long Jump
19:15 - 20:00	U15 & U17 G	Long Jump
19:45 - 20:30	U20 B & Seniors M	Shot Put
19:45 - 20:30	U20 G & Seniors W	Shot Put
20:30 - 21:00	U15 & U17 G	Javelin
20:30 - 21:00	U15 & U17 B	Javelin
20:30 - 21:00	U20 B & Seniors M	Long Jump
20:30 - 21:00	U20 G & Seniors W	Long Jump

### Important Information:

- \* Timetable is a guideline only and is subject to change
- \* Athletes should be ready for call to the start line 20 minutes before the time above
- \* LeaguePoints will be awarded for each age group & gender separately
- \* Points will not be affected even if age groups or genders are mixed





## LEAGUE FINAL & CHAMPIONSHIP 2025

### LEAGUE FINAL 2025

SUNDAY 16<sup>th</sup> FEB 2025 | DUBAI POLICE STADIUM



AGE GROUP	GENDER	EVENTS								
UNDER 9	M/F	60m	150m	300m	600m	1000m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	600m	1000m	LJ	JAV	SP	
UNDER 13	M/F	80m	150m	300m	600m	1000m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP
U20+SENIOR	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP

### AIS ATHLETICS CHAMPIONSHIPS 2025

FRIDAY 18<sup>th</sup> APR 2025 | DUBAI POLICE STADIUM



AGE GROUP	GENDER	EVENTS								
UNDER 9	M/F	60m	150m	300m	600m	1000m	LJ	JAV		
UNDER 11	M/F	60m	150m	300m	600m	1000m	LJ	JAV	SP	
UNDER 13	M/F	80m	150m	300m	600m	1000m	LJ	JAV	HJ	SP
UNDER 15	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP
UNDER 17	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP
U20+SENIOR	M/F	100m	200m	400m	800m	1500m	LJ	JAV	HJ	SP

### CONTACT US

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**O.R.S**<sup>®</sup>  
HYDRATION TABLETS

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