

Dublin County Athletic Board

Track and Field (Graded) Programme 2014

Meeting No. 1 April 30th Morton Stadium

Time Track	Event	Grade
18.45	Hurdles (Invite. Ref. Jeremy Lyons)	
19.00	100m Women	B
19.05	100m Women	A
19.15	100m Men	C
19.25	100m Men	B
19.40	100m Men	A
19.50	800m Women	B
19.55	800m Women	A
20.00	800m Men	D
20.05	800m Men	C
20.15	800m Men	B
20.25	800m Men	A
20.30	3000m Women	A+B
20.45	3000m Men	B+C
21.10	3000m Men	A

Field

19.00	Pole Vault Women Pole Vault Men
19.30	Hammer Women Hammer Men
19.30	Triple Jump Women Triple Jump Men

Enter on-line for the series for €50 euro. On-line entries close at 3pm on day of event.

All events will commence with Grade B (women) or Grade D (men).

Dublin Graded & Championship Programme

Date	Venue	Time
30 th April	Morton Stadium	7.00pm
14 th May	Tallaght Stadium	7.00pm
28 th May	Irishtown Stadium	7.00pm
11 th June	Dublin Champs. Morton Stadium	7.00pm
25 th June	Dublin Champs. Tallaght Stadium	7.00pm
9 th July	Irishtown Stadium	7.00pm
23 rd July	Morton Stadium	7.00pm
6 th August	Tallaght Stadium	7.00pm
20 th August	Irishtown Stadium	7.00pm

Dublin Open Championships Wednesday 11th and 25th June

Championship events:
Various- see schedule within

First event 7.00pm

All Championship events are for senior men, senior women,
masters and junior athletes

Championship entry fee:

Each event will be for
Senior, Masters, & Juniors,
Men and Women

10 Euro per single event,

8 Euro per event for two
or more events

Graded competition entry fees are as follows:

Seniors / Masters :
8 Euro per meeting (on line)
Juniors / Juvenile
5 euro per meeting (on line)

Series entry fee (on line)

Seniors / Masters : 50 Euro

Juniors / Juvenile: 35 Euro

Dublin County Athletic Board

Track and Field Programme

Meeting No. 2 14th May Tallaght Stadium

Time	Event	Grade
Track		
19.00	10000 metres	Dublin Championship
19.45	200m Women	B
19.50	200m Women	A
19.55	200m Men	C
20.05	200m Men	B
20.10	200m Men	A
20.30	1500m Women	B
20.35	1500m Women	A
20.45	1500m Men	D
20.55	1500m Men	C
21.05	1500m Men	B
21.15	1500m Men	A
Field		
19.00	Long Jump Women Long Jump Men	
19.00	Shot Women Shot Men	
19.30	High Jump Women High Jump Men	

All events will commence with Grade B (women) or Grade D (men).

Times shown for events are approximate, these are subject to change on the evening of competition depending on the number of athletes entered.

Dublin County Athletic Board

Track and Field Programme

	Meeting No. 3	May 28th	Irishtown Stadium
Time	Event	Grade	
Track			
19.00	400m Women	B	
19.10	400m Women	A	
19.15	400m Men	C	
19.25	400m Men	B	
19.35	400m Men	A	
19.45	1mile Women	B	
19.55	1mile Women	A	
20.05	1mile Men	D	
20.15	1mile Men	C	
20.25	1mile Men	B	
20.35	1mile Men	A	
20.45	3000m Women	B&A	
21.00	5000m Men	C	
21.20	5000m Men	B&A	
Field			
19.15	Discus Women Discus Men		
20.00	Javelin Women Javelin Men		
19.00	Triple Jump Women Triple Jump Men		

All events will commence with Grade B (women) or Grade D (men).

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Dublin County Athletic Board

Track and Field Programme

Meeting No. 4 June 11th Morton Stadium
Day 1: Dublin Championships

Time	Event	Grade	
19.00	100m Women	B	
19.10	100m Women		Championship
19.15	100m Men	C	
19.25	100m Men	B	
19.35	100m Men		Championship
19.40	400m Women	B	
19.45	400m Women		Championship
19.50	400m Men	B	
20.00	400m Men		Championship
20.05	800m Women	B	
20.10	800m Women		Championship
20.15	800m Men	D	
20.20	800m Men	C	
20.30	800m Men	B	
20.40	800m Men		Championship

Field All Championship

19.00	Pole Vault Pole Vault
19.00	Hammer Women Hammer Men
19.30	Long Jump Women Long Jump Men
20.15	High Jump Women High Jump Men

All events will commence with Grade B (women) or Grade D (men).

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Dublin County Athletic Board

Track and Field Programme

Meeting No. 5 25th June Tallaght Stadium

Time Track	Event	Grade	
19.00	200m Women	B	
19.05	200m Women		Championship
19.15	200m Men	C	
19.25	200m Men	B	
19.35	200m Men		Championship
19.50	1500m Women	B	
19.55	1500m Women		Championship
20.05	1500m Men	D	
20.10	1500m Men	C	
20.20	1500m Men	B	
20.30	1500m Men		Championship

Field All Championship Events

19.30	Javelin Women Javelin Men
20.30	Discus Women Discus Men
19.00	Triple Jump Women Triple Jump Men
19.30	Shot Putt Women/ Men

All events will commence with Grade B (women) or Grade D (men).

The times shown for the events are approximate, these are subject to change on the evening of competition depending on the numbers entered.

Dublin County Athletic Board

Track and Field Programme

Meeting No. 6 July 9th Irishtown Stadium

Time	Event	Grade
Track		
19.00	400m Women	B
19.05	400m Women	A
19.10	400m Men	C
19.20	400m Men	B
19.30	400m Men	A
19.40	800m Women	B
19.50	800m Women	A
20.00	800m Men	D
20.10	800m Men	C
20.20	800m Men	B
20.30	800m Men	A
Field		
19.30	Discus Women Discus Men	
19.30	Long Jump Women Long Jump Men	
20.00	High Jump Women High Jump Men	

All events will commence with Grade B (women) or Grade D (men).

Times shown for events are approximate, these are subject to change on the evening of competition depending on the number of athletes entered.

Dublin County Athletic Board

Track and Field Programme

	Meeting No. 7	July 23 th	Santry Stadium
Time	Event	Grade	
19.00	100m Women	B	
19.05	100m Women	A	
19.10	100m Men	C	
19.20	100m Men	B	
19.30	100m Men	A	
19.35	3000m Women	B	
19.45	3000m Women	A (Sponsored Cash Prize)	
20.00	5000m Men	B	
20.20	5000m Men	A (Sponsored Cash Prize)	

Field

19.00	Pole Vault Women Pole Vault Men
19.00	Hammer Women Hammer Men
19.30	Shot Women Shot Men

All events will commence with Grade B (women) or Grade D (men).

Times shown for events are approximate, these are subject to change on the evening of competition depending on the number of athletes entered.

Dublin County Athletic Board

Track and Field Programme

Meeting No. 8 August 6th Tallaght Stadium

Time Track	Event	Grade
19.00	200m Women	B
19.05	200m Women	A
19.10	200m Men	C
19.20	200m Men	B
19.30	200m Men	A
19.40	1500m Women	B
19.50	1500m Women	A
20.00	1500m Men	D
20.10	1500m Men	C
20.20	1500m Men	B
20.30	1500m Men	A

Field

19.10	Long Jump Women Long Jump Men
19.30	Javelin Women Javelin Men

All events will commence with Grade B (women) or Grade D (men)

Times shown for events are approximate, these are subject to change on the evening

Dublin County Athletic Board

Track and Field Programme

Meeting No. 9 August 20thth Irishtown Stadium

Time	Event	Grade
Track		
19.00	400m Women	B
19.05	400m Women	A
19.10	400m Men	C
19.15	400m Men	B
19.25	400m Men	A
19.40	800m Women	B
19.50	800m Women	A
20.00	800m Men	D
20.10	800m Men	C
20.20	800m Men	B
20.30	800m Men	A

Field

19.30	Discus Women Discus Men
20.00	High Jump Women High Jump Men

All events will commence with Grade B (women) or Grade D (men).

Times shown for events are approximate, these are subject to change on the evening of competition depending on the number of athletes entered.

Dublin County Athletic Board

Graded Track and Field Competition

WHAT TO DO AND WHAT NOT TO DO

A condition of your entry being accepted by the Dublin County Athletic Board is that at all times you will abide by the rules applicable to the Graded series.

1. **ATHLETES MUST BE 16 YEARS OF AGE (In the year) TO COMPETE IN THE GRADED COMPETITIONS.**
2. All clubs are expected to provide at LEAST TWO OFFICIALS for the duration of each meeting. All officials are asked to check in at the registration room.
3. Entry forms must be fully completed, i.e. name, club and registration number etc.
4. Entries without registration numbers and fees will not be accepted.
5. **CLUB COLOURS MUST BE WORN IN ALL GRADED AND C'SHIP COMPETITION**
6. Competitors who enter for the series should retain their number throughout the series. One night numbers must not be worn for a second meeting.
7. Athletes must check in at least 30 minutes before event start time.
8. Athletes must first fill in the registration form for each meeting
9. **Each athlete must fill in their number, name and club on the event card provided. IF YOU ARE NOT LISTED ON THE EVENT CARD (Start sheet) YOU ARE NOT BE ENTERED FOR THE EVENT.**
10. Athletes may compete in more than one event in the competition, at no extra cost.
11. Events will be run in grade order, women before men, starting with grade 'B' for women and grade 'D' for men.
If development races are included, they will be run before the graded events.
12. Additional events, i.e. relays, hurdles or special events will be included in any meeting if a request is made to the Competition Secretary in reasonable time (at least two weeks before the meeting). omcloughlin@hotmail.com (Owen)
13. The organisers may, at their own discretion, bring forward the start time of any event.
14. In the interest of safety, those throwing the hammer must be capable of at least one turn.
15. All athletes must be registered with A.A.I and may be asked to produce a registration card.
16. Please enter on-line to assist with admin. on the night. Late penalty for 'on the night' entries.

Electronic timing will be in operation at each meeting

