



DUBLIN GRADED LEAGUES 2024

BOOKLET

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Dublin Graded Series 2024 – Dates and Features

For 2024, eight dates have been selected all of which are confirmed at this stage as follows:

Meeting 1	Sunday 5 th May	UCD Campus	12.00	Confirmed
Meeting 2	Sunday 12 th May	Morton Stadium	12.00	Confirmed
Meeting 3	Wednesday 22 nd May	Tallaght Stadium	18.45	Confirmed
Meeting 4	Wednesday 5 th June	Tallaght Stadium	19.00	Confirmed
Meeting 5	Saturday 15 th June	DSD Campus	14.00	Confirmed
Meeting 6	Wednesday 3 rd July	Morton Stadium	19.00	Confirmed
Meeting 7	Wednesday 17 th July	Lucan Stadium	19.00	Confirmed
Meeting 8	Wednesday 31 st July	Morton Stadium	19.00	Confirmed

The main features of the 2024 programme will be:

- 1 Saturday, Sunday and Wednesday Meetings.
- 2 Having Middle Distance Events earlier on the programme in most meetings.
- 3 Videoring of Track Events and Field Events uploaded to Dublin Athletics Website.
- 4 Points Grand Prix for both Track Events and Field Events. End of season prize giving.
- 5 For Meetings 1 and 2, the 100m and 200m respectively will be run to take advantage of the wind direction.
- 6 Dublin Championships will be held for all events on the programme. Only athletes registered with Dublin clubs will be eligible for medal awards in the championships. Where multiple heats are held, the championship medals will be awarded to those with the fastest times overall. In meetings 1 and 2, the championships will be decided on results in the *first round* of the 100m and 200m respectively.
- 6 A 2000m Steeplechase will be held in Meeting 1.
- 7 A call room will be in operation for all meetings.
- 8 Club singlets should be worn by those competing.
- 9 All Meetings will be registered with World Athletics with results counting for world ranking points.
- 10 We will continue with Meet Manager/Timetronics. This will facilitate speedy availability of on-line results.
- 11 Entries will be taken through the Entry for Sport system. Entry fee will be EURO 9 per event, per meeting.
- 12 This document should be regarded as provisional and subject to change at the discretion of Dublin Athletics.

	MEET 1	MEET 2	MEET 3	MEET 4	MEET 5	MEET 6	MEET 7	MEET 8
	UCD Sunday 05 May 2024	MORTON Sunday 12 May 2024	TALLAGHT Wednesday 22 May 2024	TALLAGHT Wednesday 05 June 2024	DSD Saturday 15 June 2024	MORTON Wednesday 03 July 2024	LUCAN Wednesday 17 July 2024	MORTON Wednesday 31 July 2024
100m	Championship			X				X
200m		Championship			X			
400m			Championship			X		
800m	Championship			X	X		X	
1500m		Championship				X		X
Mile			X					
3000m	Championship				X		X	
5000m		Championship						
10000m			Championship					
2000m s/c	X							
Shot	Championship		X			X	X	
Discus		Championship			X			X
Javelin		Championship				X		
Hammer	Championship			X		X		
Long Jump	Championship				X			X
Triple Jump		Championship						
High Jump	Championship				X	X		
Pole Vault		Championship			X			X



Programme - Meeting 1 - May 5th 2024 - UCD Campus		
Hammer	Women and Men	12.00
Long Jump	Women and Men	12.00
2000m S/C	Women	12.00
	Men	12.15
3000m	Women A + B	12.30
	Women C + D	12.45
	Men A	13.00
	Men B	13.15
	Men C-1	13.30
	Men C-2	13.45
Shot	Women and Men	14.00
High Jump	Women and Men	14.00
3000m	Men D-1	14.00
	Men D-2	14.15
100m - 1st Round	Women A	14.30
	Women B	14.40
	Women C	14.45
	Women D	14.50
	Men A	14.55
	Men B	15.00
	Men C-1	15.05
	Men C-2	15.10
	Men D-1	15.15
	Men D-2	15.20
100m - 2nd Round	Women A	15.25
	Women B	15.30
	Women C	15.35
	Women D	15.40
	Men A	15.45
	Men B	15.50
	Men C-1	16.00
	Men C-2	16.05
	Men D-1	16.10
	Men D-2	16.15
800m	Women A	16.20
	Women B	16.25
	Women C	16.30
	Women D	16.35
	Men A	16.40
	Men B	16.45
	Men C-1	16.50
	Men C-2	16.55
	Men D-1	17.00
	Men D-2	17.05



Programme - Meeting 2 - May 12th 2024 - Morton Stadium Santry		
Discus	Women and Men	12.00
Pole Vault	Women and Men	12.00
5000m	Women A	12.00
	Women B	12.00
	Women C	12.25
	Women D	12.25
5000m	Men A	12.50
	Men B	12.50
	Men C	13.20
	Men D	13.20
200m - 1st Round	Women A	13.30
	Women B	13.35
	Women C	13.40
	Women D	13.45
	Men A	13.50
	Men B	13.55
Javelin	Women and Men	14.00
Triple Jump	Women and Men	14.00
200m - 1st Round	Men C-1	14.00
	Men C-2	14.05
	Men D-1	14.10
	Men D-2	14.15
1500m	Women A	14.25
	Women B	14.35
	Women C	14.45
	Women D	14.55
200m - 2nd Round	Women A	15.10
	Women B	15.15
	Women C	15.30
	Women D	15.45
	Men A	15.50
	Men B	15.55
	Men C-1	16.00
	Men C-2	16.05
	Men D-1	16.10
	Men D-2	16.15
1500m	Men A	16.25
	Men B	16.35
	Men C-1	16.45
	Men C-2	16.55
	Men D-1	17.05
	Men D-2	17.15



Programme - Meeting 3 - May 22nd 2024 - Tallaght Stadium		
10000m	Men - All	18.45
Shot	Women and Men	19.00
400m	Women A	19.30
	Women B	19.35
	Women C	19.40
	Women D	19.45
	Men A	19.50
	Men B	19.55
	Men C-1	20.00
	Men C-2	20.05
	Men D-1	20.10
	Men D-2	20.15
Mile	Women A	20.20
	Women B	20.28
	Women C	20.36
	Women D	20.44
	Men A	20.52
	Men B	21.00
	Men C-1	21.08
	Men C-2	21.16
	Men D-1	21.24
	Men D-2	21.32



Programme - Meeting 4 - June 5th 2024 - Tallaght Stadium		
Hammer	Women and Men	19.00
100m	Women A	19.00
	Women B	19.05
	Women C	19.10
	Women D	19.15
	Men A	19.20
	Men B	19.25
	Men C-1	19.30
	Men C-2	19.35
	Men D-1	19.30
	Men D-2	19.45
800m	Women A	19.50
	Women B	20.00
	Women C	20.10
	Women D	20.20
	Men D-1	20.30
	Men D-2	20.40
	Men A	20.50
	Men B	21.00
	Men C-1	21.10
	Men C-2	21.20
	Men D-1	21.30
	Men D-2	21.40



Programme - Meeting 5 - June 15th 2024 - DSD Campus		
Discus	Women and Men	14.00
Pole Vault	Women and Men	14.00
3000m	Women A + B	14.00
	Women C + D	14.15
	Men A	14.30
	Men B	14.45
	Men C-1	15.00
	Men C-2	15.15
	Men D-1	15.30
	Men D-2	15.45
High Jump	Women and Men	16.00
Long Jump	Women and Men	16.00
200m	Women A	16.00
	Women B	16.05
	Women C	16.10
	Women D	16.15
	Men A	16.20
	Men B	16.25
	Men C-1	16.30
	Men C-2	16.45
	Men D-1	16.50
	Men D-2	16.55
800m	Women A	17.03
	Women B	17.11
	Women C	17.19
	Women D	17.27
	Men A	17.35
	Men B	17.43
	Men C-1	17.51
	Men C-2	17.59
	Men D-1	18.07
	Men D-2	18.15



Programme - Meeting 6 - July 3rd 2024 - Morton Stadium		
Hammer	Women and Men	19.00
High Jump	Women and Men	19.00
400m	Women A	19.00
	Women B	19.05
	Women C	19.10
	Women D	19.15
	Men A	19.20
	Men B	19.25
	Men C-1	19.30
	Men C-2	19.45
	Men D-1	19.50
	Men D-2	19.55
Shot	Women and Men	20.00
Javelin	Women and Men	20.00
1500m	Women A	20.00
	Women B	20.08
	Women C	20.16
	Women D	20.24
	Men A	20.32
	Men B	20.40
	Men C-1	20.48
	Men C-2	20.56
	Men D-1	21.04
	Men D-2	21.12



Programme - Meeting 7 - July 17th 2024 - Lucan Stadium		
Shot	Women and Men	19.00
3000m	Women A + B	19.00
	Women C + D	19.15
	Men A	19.30
	Men B	19.45
	Men C-1	20.00
	Men C-2	20.15
	Men D-1	20.30
	Men D-2	20.45
	800m	Women A
Women B		21.05
Women C		21.10
Women D		21.15
Men A		21.20
Men B		21.25
Men C-1		21.30
Men C-2		21.35
Men D-1		21.40
Men D-2	21.45	



Programme - Meeting 8 - July 31st 2024 - Morton Stadium		
Hammer	Women and Men	19.00
Pole Vault	Women and Men	19.00
1500m	Women A	19.00
	Women B	19.08
	Women C	19.16
	Women D	19.24
	Men A	19.32
	Men B	19.40
	Men C-1	19.48
	Men C-2	19.56
Long Jump	Women and Men	20.00
1500m	Men D-1	20.04
	Men D-2	20.12
100m	Women A	20.20
	Women B	20.25
	Women C	20.30
	Women D	20.35
	Men A	20.40
	Men B	20.45
	Men C-1	20.50
	Men C-2	20.55
	Men D-1	21.00
	Men D-2	21.05



DUBLIN ATHLETICS GRADED TRACK AND FIELD SERIES 2024 - GRADES

WOMEN	GRADE	Athletes who have run SUB
100m	A	12.50
	B	13.00
	C	13.50
	D	All Others
200m	A	25.50
	B	26.00
	C	27.00
	D	All Others
400m	A	60.00
	B	65.00
	C	68.00
	D	All Others
800m	A	2.16.00
	B	2.22.00
	C	2.30.00
	D	All Others
1500m	A	4.30.00
	B	4.50.00
	C	5.10.00
	D	All Others
Mile	A	5.00.00
	B	5.30.00
	C	6.00.00
	D	All Others
3000m	A	10.15.00
	B	11.15.00
	C	12.00.00
	D	All Others
5000m	A	17.30.00
	B	18.30.00
	C	19.30.00
	D	All Others
2000m s/c	A	7.15.00
	B	7.35.00
	C	8.00.00
	D	All Others

MEN	GRADE	Athletes who have run SUB
100m	A	11.20
	B	11.50
	C	12.00
	D	All Others
200m	A	23.00
	B	24.00
	C	25.00
	D	All Others
400m	A	49.00
	B	52.00
	C	55.00
	D	All Others
800m	A	1.55.00
	B	2.00.00
	C	2.05.00
	D	All Others
1500m	A	4.00.00
	B	4.10.00
	C	4.20.00
	D	All Others
Mile	A	4.20.00
	B	4.40.00
	C	5.00.00
	D	All Others
3000m	A	9.30.00
	B	10.15.00
	C	11.00.00
	D	All Others
5000m	A	15.15.00
	B	16.15.00
	C	17.00.00
	D	All Others
2000m s/c	A	6.30.00
	B	7.00.00
	C	7.30.00
	D	All Others



Grand Prix Details

Similar to last year, there will be a Grand Prix hosted within the graded league series 2024 with unique medallions being presented to award winners.

Track Events

A unique medallion will be presented to the first three in each grade A to D for both women and men in all track events. In the event of a tie for points, awards will be presented to each athlete involved.

For track events, 100 points will be awarded to the winner of each race in each grade. Where there are a number of races within a grade the 100 points will go to the fastest time overall.

Where eligible, an athlete may win an award for more than grade.

Additionally, there will be an award to the best overall track performance of the series. Dublin Athletics officers will decide the outcome of this award.

Field Events

For field events it was not deemed appropriate to divide the events into grades on this occasion. For 2024, 100 points will be awarded to the winner of each event at each graded league meeting. A unique medallion will be presented to athletes, first, second and third, with the highest number of points cumulative in each event over the eight meeting series.

An athlete may win an award for more than event.

Additionally, there will be an award to the best overall field performance of the series. Dublin Athletics officers will decide the outcome of this award.

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Dublin Track Locations

DSD TRACK

St Thomas Track,
Tibradden Road,
Rathfarnham,
Dublin 16
D16 T6N2

LUCAN TRACK

Newcastle Road,
Lucan,
Co Dublin
K78 V5W6

MORTON STADIUM

Swords Road,
Santry,
Co Dublin
D09 RV10

TALLAGHT TRACK

Bancroft Park,
Greenhills Road,
Tallaght,
Dublin 24
D24 X7WY

UCD TRACK

Clonskeagh Entrance,
UCD Campus,
Clonskeagh,
Dublin 14
D04 V1W8



Dublin Athletics Officials

Dublin Athletics AAI is the governing body for athletics in Dublin. It represents some 50 athletic clubs with a combined membership in excess of 11,000 athletes.

The origins of the Dublin Athletics date back over a hundred years and since its inception the ethos of voluntary contribution in the service of young athletes has remained. Dublin Athletics organises a full range of competition, track and field, cross country and indoors for under age athletes from 8 to 19, and senior athletes from 19 to 90.

The officers, who deliver these competitions are all voluntary and drawn from constituent clubs. They are elected at Annual General Meetings and the current officers elected on March 4th 2024 are as follows:

Chairman	PJ Claffey	Rathfarnham AC
Vice Chairman	Charlie O'Neill	Donore Harriers
Hon Secretary	Vacant	
Assistant Hon Secretary	Seamus Flynn	Lusk Athletic Club
Hon Treasurer	Mary Friel	Metro St Brigid's
Hon Registrar	Vacant	
Child Liaison Officer	Gerty Gilbert	Mid Sutton Athletic Club
Underage Competition	Cecil Johnston	Tallaght Athletic Club
Hon Secretary Road And Cross-Country	Dick Hooper	Raheny Shamrock
Hon Secretary Graded Leagues	Vacant	
Social Media	Nicole Hodson	Lusk Athletic Club
Public Relations Officer	Vacant	
Technical Development	Brian Tremble	Metro St Brigid's
Juvenile Development	Jermy Lyons	Clongriffin Athletic Club
Committee	Shirley Murray	Tallaght Athletic Club
Committee	Aine Kelly	Tallaght Athletic Club
Website:	www.dublinathletics.com	
Email	dublinathleticsgradedleagues23@gmail.com	
Facebook	Dublin Athletics	
Instagram	Dublin_athletics_insta	
Twitter	@DublinAthletics	



Guidelines and Rules of Participation

1. Dublin Athletics will not tolerate gender or racial abuse towards any athlete or official, offenders will be identified and will face legal consequences.
2. Dublin Athletics will not tolerate abuse, verbal, written or otherwise, directed towards its officers and those prepared to deliver events. Offenders will be identified and will face legal consequences.
3. All Dublin clubs are obliged to supply at least two competent officials for each meeting.
4. Athletes must be 16 years of age or older in the year of competition to compete in any event in the Graded Meetings.
5. Athletes under 18 years of age must have written consent from a parent/guardian.
6. Athletes must be registered with AAI or NI Athletics.
7. AAI or NIA club singlets must be worn. If no singlet is available – a PLAIN white t-shirt/singlet is permitted, on a once off basis.
8. Athletes must enter online by the advertised closing time. Entries will open approx. 5 days before each meeting and will close approx. 2 days before each meeting. Strictly no entries on the day of competition.
9. To facilitate heat and lane draws athletes must confirm their intention to compete at least six hours before the scheduled start of each meeting.
10. Athletes must check in and collect bib at least 45 minutes before event start time.
11. Athletes may compete in more than one event at each meeting at no additional cost.
12. Entry numbers are valid only for the meeting entered
13. In field events, athletes in the throws and lateral jumps will be permitted 6 attempts.
14. The competition will be conducted under senior World Athletics rules, with the exception of throwing events where Masters and U20 athletes may throw implements at an appropriate weight for their age category.



15. Implements must be presented to the appropriate official for weighing 45 minutes in advance of the competition.
16. In the interests of safety, athletes must demonstrate proficiency in their event and may be removed from such event if in the opinion of the referee they do not demonstrate the necessary proficiency.
17. Events will usually be run in grade order: Women before Men, starting with grade 'A' women and grade 'A' men as appropriate.
18. In Dublin championships (DCM) only athletes registered with Dublin Clubs are eligible to compete for Dublin medals.
19. Where heats prove necessary in Dublin Championships (DCM) the fastest woman or man respectively over all the heats will be awarded the winner's medal.
20. The organisers may bring forward the start time of any event by up to 30 minutes.
21. Any appeal shall be made orally or in writing by a competing athlete to the competition referee within 15 minutes of the finish of their event.
22. Dublin Athletics reserves the right to amend any of the above should the need arise.