

# Dublin County Athletic Board

## Track and Field Programme

Meeting No. 1 April 20th Morton Stadium

Time	Event	Grade
19.00	100m Women	B
19.05	100m Women	A
19.10	100m Men	C
19.15	100m Men	B
19.20	100m Men	A
19.30	800m Women	B
19.40	800m Women	A
19.45	800m Men	D
19.50	800m Men	C
20.00	800m Men	B
20.10	800m Men	A
20.20	3000m Women	A+B
20.40	3000m Men	B+C
21.00	3000m Men	A

### Field

19.30	Hammer Women Hammer Men
19.30	High Jump Women High Jump Men
20.00	Long Jump Women Long 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 Graded & Championship Programme

Date	Venue	Time
<b>20th April</b>	<b>Morton Stadium</b>	<b>7.00pm</b>
<b>4th May</b>	<b>Irishtown Stadium</b>	<b>7.00pm</b>
<b>18th May</b>	<b>Morton Stadium</b>	<b>7.00pm</b>
<b>1st June</b>	<b>Irishtown Stadium</b>	<b>7.00pm</b>
<b>Sat 11th June</b>	<b>Dublin Open C'ships Morton Stadium</b>	<b>7.00pm</b>
<b>22nd June</b>	<b>Irishtown Stadium</b>	<b>7.00pm</b>
<b>6th July</b>	<b>Morton Stadium</b>	<b>7.00pm</b>
<b>20th July</b>	<b>Irishtown Stadium</b>	<b>7.00pm</b>
<b>Sat 30th July</b>	<b>Morton Stadium</b>	<b>7.00pm</b>

## Dublin Open Championships Morton Stadium, Saturday 11th June

Championship events:  
100m - 400m - 1500m - 3000m  
Hammer - Pole Vault - High Jump - Shot Putt

**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**

The Championships, which are open events  
will be held on the Saturday June 19th

### Graded competition entry fees are as follows:

**Seniors / Masters :**  
**8 euro per meeting**  
**Juniors / Juvenile**  
**5 euro per meeting.**

#### Series entry fee

**Seniors / Masters :** 45 Euro  
(save 19 Euro)  
**Juniors / Juvenile:** 30 Euro  
(save 10 Euro)

# Dublin County Athletic Board

## Track and Field Programme

Meeting No. 2    4th May    Irishtown Stadium

<b>Time</b>	<b>Event</b>	<b>Grade</b>	
<b>19.05</b>	<b>10.000 metres</b>		<b>Dublin Championship</b>
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	
<b>20.15</b>	<b>1500m Women</b>	<b>A</b>	<b>Development Race</b>
20.20	1500m Women	B	
<b>20.25</b>	<b>1500m Men</b>	<b>A</b>	<b>Development Race</b>
20.35	1500m Men	D	
20.45	1500m Men	C	
20.55	1500m Men	B	
<b>Field</b>			
19.30	Shot Women Shot Men		
20.00	Discus Women Discus Men		
20.30	Triple Jump Women Triple 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 18th    Morton Stadium

<b>Time</b>	<b>Event</b>	<b>Grade</b>
<b>Track</b>		
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
19.50	1mile Women	A
20.00	1mile Men	D
20.15	1mile Men	C
20.25	1mile Men	B
20.35	1mile Men	A
20.40	3000m Men	Invitation
<b>Field</b>		
19.30	<b>Hammer Women</b>	<b>Development event</b>
	<b>Hammer Men</b>	
19.30	Pole Vault Women	
	Pole Vault Men	
19.40	High Jump Women	
	High Jump Men	
20.10	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 of competition depending on the number of athletes entered.

# Dublin County Athletic Board

## Track and Field Programme

Meeting No. 4 June 1st Irishtown Stadium

Time Track	Event	Grade	
19.00	400m Hurdles	Invitation	
19.10	100m Women	B	
19.15	100m Women	A	
19.20	100m Men	C	
19.30	100m Men	B	
19.35	100m Men	A	
19.40	<b>800m Women</b>	<b>A</b>	<b>Development Race</b>
19.45	800m Women	B	
19.50	<b>800m Men</b>	<b>A</b>	<b>Development Race</b>
20.05	800m Men	D	
20.20	800m Men	C	
20.30	800m Men	B	
20.35	3000m Women	A+B	
20.45	3000m Men	D	
20.55	3000m Men	C	
21.05	3000m Men	A+B	
<b>Field</b>			
19.30	Discus Women Discus Men		
19.30	Pole Vault Pole Vault		
19.45	Long Jump Women Long Jump Men		
19.55	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**  
**Open Track and Field**  
**Championships**  
*Saturday 11th June 2011*  
**Morton Stadium**

**First event 7.00pm**

<b>Time</b>	<b>Event</b>
<b>Track</b>	
19.00	100m Women
19.10	100m Men
19.25	400m Women
19.35	400m Men
19.40	3000m Women
19.55	3000m Men
20.10	100m Women Final
20.15	100m Men Final
20.20	400m Women Final
20.25	400m Men Final
20.30	1500m Women
20.35	1500m Men
<b>Field</b>	
19.30	Hammer Women
	Hammer Men
19.30	Shot Putt Women
	Shot Putt Men
20.10	Javelin Women
	Javelin Men
20.10	High Jump Women
	High Jump Men

# Dublin County Athletic Board

## Track and Field Programme

Meeting No. 5 22nd June Irishtown Stadium

<b>Time</b>	<b>Event</b>	<b>Grade</b>	
<b>Track</b>			
19.00	<b>200m Women</b>	<b>A</b>	<b>Development Race</b>
19.05	200m Women	B	
19.15	<b>200m Men</b>	<b>A</b>	<b>Development Race</b>
19.20	200m Men	C	
19.30	200m Men	B	
19.40	1500m Women	B	
19.45	1500m Women	A	
19.50	1500m Men	D	
20.00	1500m Men	C	
20.10	1500m Men	B	
20.20	1500m Men	A	
20.30	5000m Women	A + B	
20.45	5000m Men	C	
21.00	5000m Men	A + B	
<b>Field</b>			
19.30	Javelin Women		
	Javelin Men		
19.30	<b>Pole Vault Women</b>	<b>Development Event</b>	
	<b>Pole Vault Men</b>		
19.40	Triple Jump Women		
	Triple Jump 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 6th Morton Stadium

<b>Time</b>	<b>Event</b>	<b>Grade</b>	
<b>Track</b>			
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	
19.35	3000m Women	A	
19.45	3000m Women	B	
20.00	3000m Men	A	
20.15	3000m Men	C	
20.30	3000m Men	B	
20.40	<b>1500m Women</b>	<b>A</b>	<b>Development</b>
20.50	1500m Women	B	
21.00	<b>1500m Men</b>	<b>A</b>	<b>Development</b>
21.10	1500m Men	D	
21.20	1500m Men	C	
21.30	1500m Men	B	
<b>Field</b>			
19.30	<b>Hammer Women</b>		<b>Development Event</b>
	<b>Hammer Men</b>		<b>Development Event</b>
19.30	Long Jump Women		
	Long Jump Men		
20.00	Discus Women		
	Discus 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 20th	Morton Stadium
Time	Event	Grade	
<b>Track</b>			
19.00	100m Women	A	
19.05	100m Women	B	
19.10	100m Men	A	
19.15	100m Men	C	
19.20	100m Men	B	
19.25	800m Women	A	Development
19.30	800m Women	B	
19.40	1 Mile Junior Men		
19.45	800m Men	A	Development
19.55	800m Men	D	
20.10	800m Men	C	
20.20	800m Men	B	
20.30	3000m Women	A + B	
20.40	3000m Men	C	
20.55	3000m Men	B	
21.05	3000m Men	A	

### Field

19.30	Pole Vault Women Pole Vault Men
19.40	High Jump Women High Jump Men
19.40	Triple Jump Women Triple 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. 8 July 30th Morton Stadium

<b>Time Track</b>	<b>Event</b>	<b>Grade</b>
19.00	200m Women	B
19.05	200m Women	A
19.10	200m Men	C
19.15	200m Men	B
19.20	200m Men	A
19.30	800m Women	B
19.40	800m Women	A
19.50	800m Men	D
20.00	800m Men	C
20.10	800m Men	B
20.20	800m Men	A
20.25	3000m Women	A+B
20.40	3000m Men	C
20.55	3000m Men	B
21.10	3000m Men	A
 <b>Field</b>		
19.10	Discus Discus	
19.40	Triple Jump Women Triple Jump Men	
20.00	Shot Women Shot Men	
20.10	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 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 AT LEAST 16 YEARS OF AGE 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 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 before the meeting.
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.

**Electronic timing will be in operation at each meeting**

**Results on [WWW.dublinathletics.com](http://WWW.dublinathletics.com)**

# Dublin County Athletic Board

## Track and Field Programme

Meering No. 3    May 18th    Morton Stadium

<b>Time</b>	<b>Event Grade</b>		
<b>Track</b>			
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
19.50	1mile	Women	A
20.00	1mile	Men	D
20.15	1Mile	Men	C
20.25	1mile	Men	B
20.35	1mile	Men	A
20.40	3000m		Inviation
<b>Field</b>			
19.30	Hammer	Women	Development Event
	Hammer	Men	
19.30	Pole Vault	Women	
19.30	Pole Vault	Men	
19.40	High Jump	Women	
20.10	High Jump	Men	
20.10	Javelin	Women	
20.10	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 of competition depending on the number of athletes entered.