

Dublin County Athletic Board

Track and Field Programme

Meeting No. 6 July 6th Morton 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
19.35	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	1500m Women	B
20.50	1500m Women	A
21.00	1500m Men	D
21.10	1500m Men	C
21.20	1500m Men	B
21.30	1500m Men	A
Field		
19.30	Polanik Hammer Women	Sponsored by Timing Ireland
	Polanik Hammer Men	Sponsored by Timing Ireland
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.