

# Dublin County Athletic Board

## Track and Field Graded Programme

**Meeting No. 7      July 19th                      Morton Stadium**

<b>Time</b>	<b>Event</b>	<b>Grade</b>
19:00	200m Women	C
19.05	200m Women	B
19:10	200m Women	A
19:20	200m Men	C
19:30	200m Men	B
19:40	200m Men	A
19:55	1500m Women	C
20.05	1500m Women	B
20:10	1500m Women	A
20:20	1500m Men	D
20:30	1500m Men	C
20:40	1500m Men	B
20:50	1500m Men	A
21.15	<b>DM Relay (mixed) (800m/400m/800m/400m)</b>	

**Club Teams of four athletes, each team must have at least one Woman and one Man.**

**(example teams; one Woman/three Men; three Women/one Man; two Women/two Men**

**Entry Fee per Team €20**

**DM Relay: Cash prize of €600; 1<sup>st</sup> €300, 2<sup>nd</sup> €200, 3<sup>rd</sup> €100**

**Event subject to minimum of 10 teams**

### **Field**

19.00	Long Jump Clinic with National Jumps Coach David Murphy
19:00	High Jump Women+ Men
19:00	Pole Vault Women+ Men
18:45	Hammer Women + Men
19:00	Shot Women+ Men

**Times shown for events are approximate. These are subject to change depending on number of athletes entered.**