



Graded Booklet – 2023



Programme

1	2	3	4	5	6	7	8
100	200	400	100*****	100	200	200-MASTERS	400
800	1500 *****	800*****	400	800	800	1500-MASTERS	MILE
3000			1500	3000	3000		3000
	2000 S/C			5000			
	JAVELIN	JAVELIN	JAVELIN	JAVELIN	JAVELIN		
SHOT							SHOT
		DISCUS		DISCUS		DISCUS	
HAMMER							
	L JUMP				L JUMP	L JUMP	
		T JUMP					
H JUMP			H JUMP			H-JUMP	
	P VAULT		P VAULT				
APRIL	MAY	MAY	JUNE	JUNE	JULY	JULY	AUGUST
TALLAGHT					TALLAGHT		
	MORTON		MORTON			MORTON	
		UCD					UCD
				DSD			

How do Graded races work?

Simply decide which event you want to enter -e.g. 100m Women

Decide which Time you can achieve -e.g. 13.3 seconds implies Grade C.

If you run faster than 13 seconds but more than 12:50, then next time you enter, you will be in Grade B.

For each competition and race, the programme will clearly have the grades published.

GRADE A	12.50 OR BETTER
GRADE B	13.00 OR BETTER
GRADE C	13.50 OR BETTER
GRADE D	ALL OTHERS

How do Field events work?

To ensure good quality competition a minimum number of X athletes must present.

Each throwing athlete will have 6 attempts.

Horizontal jumpers will get 6 attempts.

Vertical jumpers will compete as normal.

What can you expect?

Electronic timing.

A Master's programme will be included.

Access to new and existing excellent tracks.

Pacemakers and Prizes will be available for select events.

Ability to attain a PB and run with athletes that are similar in ability.

Dublin Championship events will be incorporated within some events.

Results will be sent by text and will be available on line after the event.

Website: www.dublinathletics.com



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Meeting 1 Tallaght XX/04/2023				
Time				Standard
19:00	800m	Women	A	2.16 or better
19:07			B	2.22 or better
19:14			C	2.30 or better
19:21			D	All others
19:28	800m	Men	A	1.55 or better
19:35			B	2.00 or better
19:42			C	2.05 or better
19:50			D	All others
20:00	100m	Women	A	12.50 or better
20:05			B	13.00 or better
20:10			C	13.50 or better
20:15			D	All others
20:20	100m	Men	A	11.20 or better
20:25			B	11.50 or better
20:30			C	12.00 or better
20:35			D	All others
20:45	3000m	Women	A & B	11.00 or better
21:00			C & D	All others
21:15			A & B	9.30 or better
21:30	3000m	Men	C & D	All others

Field events	Start time.
Shot	19:00
Hammer	19:00
High Jump	19:00
Special Instructions:	

Meeting 2 Morton Stadium xx/05/2023				
Time				Pace
14:00	1500m	Women		4.20
14:10				4.35
14:20				4.45
14:30				5.00
14:40				5.20
14:50				5.40
15:00	1500m	Men		4.20
15:10				4.35
15:20				4.45
15:30				5.00
15:40				5.20
15:50				5.40
16:05	200m	Women	A	25.50 or better
16:13			B	26:00 or better
16:21			C	27:00 or better
16:29			D	All others
16:38	200m	Men	A	23:00 or better
16:46			B	24:00 or better
16:54			C	25:00 or better
17:02			D	All others
17:14	2000m S/C	W	A-D	Open event
17:30		M	A-D	Open event

Field events	Start time.
Javelin	14:00
Long Jump	14:00
Pole vault	14:00
Special Instructions:	



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Meeting 3 UCD XX/05/2023				
Time				Pace
14:00	800m	Women		2.05 Pace
14:10				2.10 Pace
14:20				2.15 Pace
14:30				2:20 Pace
14:40				2:25 Pace
14:50			2.30 Pace	
15:00		Men		1:50 Pace
15:10				1:54 Pace
15:20				1:58 Pace
15:30				2.02 Pace
15:40			2:06 Pace	
15:50		2:10 Pace		
16:05	400m	Women	A	57:50 or better
16:13			B	61:00 or better
16:21			C	64:00 or better
16:29			D	All others
20:45		Men	A	50:00 or better
21:00			B	52:00 or better
21:15			C	54:00 or better
21:30			D	All others

Field events	Start time.
Javelin	19:00
Discuss	19:00
Special Instructions:	

Meeting 4 Morton Stadium xx/05/2023				
Time				Pace
19:00	1500m	Women	A	4.30 or better
19:10			B	4.50
19:20			C	5:10
19:21			D	All others
19:28		Men	A	4.00 or better
19:35			B	4.08
19:42			C	4.16
19:50			D	All others
20:00	100m	Women	A	11:80 or better
20:05			B	12:40 or better
20:10			C	12:90 or better
20:15			D	All others
20:20		Men	A	10:09 or better
20:25			B	11:30 or better
20:30			C	11:60 or better
20:35			D	All others
20:45	400m	Women	A	60:00 or better
			B	65:00 or better
21:00			C	68:00 or better
			D	All others
21:15		Men	A	49:00 or better
21:30			B	52:00 or better
			C	55:00 or better
			D	All others

Field events	Start time.
Javelin	19:00
High Jump	19:00
Pole vault	19:00
Special Instructions:	



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Meeting 5 DSD XX/04/2023				
Time			Standard	
19:00	800m	Women	A	2.16 or better
19:07			B	2.22 or better
19:14			C	2.30 or better
19:21			D	All others
19:28		Men	A	1.55 or better
19:35			B	2.00 or better
19:42			C	2.05 or better
19:50			D	All others
20:00	100m	Women	A	12.50 or better
20:05			B	13.00 or better
20:10			C	13.50 or better
20:15			D	All others
20:20		Men	A	11.20 or better
20:25			B	11.50 or better
20:30			C	12.00 or better
20:35			D	All others
20:45	3000m	W	A & B	11.00 or better
21:00			C & D	All others
21:15		M	A & B	9.30 or better
21:30			C & D	All others

Field events	Start time.
Javelin	14:00
Long Jump	14:00
Special Instructions:	

Meeting 6 Tallaght xx/xx/2023				
Time			Pace	
19:00	1500m	Women	A	2:16 or better
19:07			B	2:22
19:14			C	2:30
19:21			D	All others
19:28		Men	A	1:55 or better
19:35			B	2:00
19:42			C	2:05
19:50			D	All others
20:00	100m	Women	A	12.50 or better
20:05			B	13:00 or better
20:10			C	13:50 or better
20:15			D	All others
20:20		Men	A	11:20 or better
20:25			B	11:50 or better
20:30			C	12:00 or better
20:35			D	All others
20:45	3000m	W	A-B	11:00 or better
21:00			C-D	All others
21:15		M	A-B	9:30 or better
21:30			C-D	All others

Field events	Start time.
Javelin	19:00
High Jump	19:00
Pole vault	19:00
Special Instructions:	



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Meeting 7 Morton XX/xx/2023				
Time				Pace
14:00	1500m Masters	Women		O 35
14:10				O 40
14:20				O 45
14:30				O 50
14:40				All others
14:50				O 35
15:00		Men		O 40
15:10				O 45
15:20				O 50
15:30				O 55
15:40				O 60
15:50				All others
16:05	200m Masters	Women		O 35
16:13				O 40
16:21				O 45
16:29				O 50
16:37				All others
16:45				O 35
?		Men		O 40
16:53				O 45
17:01				O 50
17:09				O 55
17:18				O 60
17:25				All others

Field events	Start time.
Long Jump	14:00
Discus	14:00
High Jump	14:00
Special Instructions:	

Meeting 8 UCD xx/08/2023				
Time				Pace
19:00	Mile	Women	A	5:00 or better
19:07			B	5:30
19:14			C	6:00
19:21			D	All others
19:28			Men	A
19:35	B	4.40		
19:42	C	5:00		
19:50	D	All others		
20:00	400m	Women		A
20:05			B	61:00 or better
20:10			C	64:00 or better
20:15			D	All others
20:20		Men	A	50:00 or better
20:25			B	52:00 or better
20:30			C	54:00 or better
20:35			D	All others
20:45	3000m	W	A-B	11:00 or better
21:00			C-D	All others
21:15		M	A-B	09:30 or better
21:30			C-D	All others

Field events	Start time.
Shot	14:00
Special Instructions:	



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Payment Information:

- General on-line event fee (seniors/masters)- €10
- Students/Juniors/Juveniles- €8
- On-line entry (registration of details with payment) closes at 1pm on day before graded competition

Dublin Open Championships:

June 8th: Morton Stadium

July 6th: Morton Stadium

All championship events are for senior men/women and junior athletes.

Medals awarded in track events to those placed in A race.

Minimum of 4 athletes for field events, if medals are to be awarded.

Outstanding medals may be collected from PJ Claffey (Chairman): pjclaffey58@gmail.com

Rules, terms and conditions of participation in the Graded Series for all athletes.

Your entry is accepted on the understanding that at all times you will abide by the rules applicable to the Graded Series.

1. Athletes must be **16 years of age** or over in the year of competition to compete in the Graded and Championship events.
2. All clubs must provide at least **2 officials** for the duration of each meeting. All officials to check in at registration.
3. Field events will proceed subject to the necessary officials being available on the night.
4. Athletes must enter online by **1pm on the day before** the meeting in order to ensure inclusion on the start sheets.
5. Athletes must be **registered with AAI** and registration numbers may be requested.
6. **Club singlets** must be worn for all events.
7. Single meeting entry numbers are valid only for the meeting entered.
8. Athletes must check in at least 30 minutes before event start time.
9. Athletes must complete the online registration details requested for each meeting.
10. Each athlete must collect number for the selected event on the night on arrival at each meeting. Failure to check-in on the night means that you are not registered for the event and your name will not appear on the start sheet.
11. Athletes may compete in more than one event at each meeting at no additional cost.
12. Additional events, i.e. relays, hurdles or special events may be included in any meeting if a request is made to the Competition Secretary at least **two weeks** 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. Electronic timing will be in operation at each meeting.

Competition Secretary: Jackie Mulhall Jackie.mulhall@ymail.com

0858611358

Online entry www.dublinathletics.com