



Cork County Athletic Board of Athletic Association of Ireland

John Buckley Sports Graded Track and Field League 2013

A programme of 8 graded meetings is planned for athletes male and female over 17 years old in the year of the competition . (Shot, Discus, Hammer and 56lb throw are for over 18 year in the year of competition)

Track events will if necessary be divided into separate races on the basis of performance, which could involve mixed races. **County Championships (marked in green)** will not be mixed, but graded races at these distances can be run. Entries will be accepted on the day. The entry / admission fee per meeting is to be €5.

It is intended to have electronic timing at each meeting

Date	Day	Venue	Time	Events				
15th May 2013	Wednesday	CIT Track	7.30 p.m.	100m 400m	1 mile	Long Jump	Shot Javelin	4 X 100m Relay
20th May 2013	Monday	CIT Track	7.30 p.m.	200m High Hurdles	800m 3000m	Triple Jump	Discus Hammer	4X400m Relay
7th June 2013	Friday	CIT Track	7.30 p.m.	100m 400m	1500m	High Jump	Javelin Shot	
18th June 2013	Tuesday	CIT Track	7.30 p.m.	200m	800m 3000m	Long Jump	Discus Hammer	Pole Vault
26th June 2013	Wednesday	CIT Track	7.30 p.m.	100m 400m	800m 5000m	Pole Vault	56lb dist.	
8th July 2013	Monday	CIT Track	7.30 p.m.	200m	800m StpleCh Men	Long Jump High Jump	Javelin	400m Hurdles
18th July 2013	Thursday	CIT Track	7.30 p.m.	100m 200m	3000m StpleCh Wom.	High Jump Triple Jump	Shot	
8th Aug 2013	Thursday	CIT Track	7.30 p.m.	100m	400m 1 mile	Pole Vault	Hammer Discus	Medly Relay