



Cork County Board of Athletic Association of Ireland

John Buckley Sports Graded Track and Field League 2014

A programme of 6 graded meetings is planned for athletes male and female over 16 years old in the year of the competition . (Shot, Discus, Hammer and 56lb throw are for athletes over 18 year)

Track events will if necessary be divided into separate races on the basis of performance, which could involve mixed races. 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			
12th May 2014	Mon	CIT Track	7.30 p.m.	400m 1	1 mile 2	Long Jump	Shot Discus
					High Hurdles 3		
28th May 2014	Wed	CIT Track	7.30 p.m.	100m 1 200m 3	800m 4 3000m 2	High Jump	Javelin Hammer 4 X 100m Relay
12th June 2014	Thur	CIT Track	7.30 p.m.	100m 1 400m 2	1500m 3	High Jump	56lb Wt for distance Discus & Shot
27th June 2014	Fri	CIT Track	7.30 p.m.	200m 1 800m 2	3000m 3	Long Jump Triple Jump	Hammer Javelin 4 X 400m Relay
					Steeplechase * 4		
10th July 2014	Thur	CIT Track	7.30 p.m.	400m 1 100m 2	1500m 3	High Jump	Shot Discus
28th July 2014	Mon	CIT Track	7.30 p.m.	200m 1 3000m 2	800m 3	Long Jump	Hammer Javelin Medley Relay

Throwing events and long and triple jumps will be decided on basis of 4 attempts. Order of track events indicated by number.

For the High Hurdles and Steeplechase to be held, requires previous entry by e-mail : corkgradedleague@outlook.com of 3 or more athletes, 2 or more days before competition. (3 or more men will mean men's steeplechase.)

Similarly competitions in Pole Vault, 400m Hurdles, additional Triple Jump and Steeplechase may be added if 3 or more entries per event are emailed 2 or more days before competition date.