



Cork County Athletic Board of Athletic Association of Ireland John Buckley Sports Graded Track and Field League 2015

A programme of 6 graded meetings is planned for athletes male and female under 17 and older (born 1999 and earlier) in the year of the competition. (Shot, Discus, Hammer and 56lb throw are for male athletes over 18 years (born 1997 and earlier))

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				
13th May 2015	Wed	CIT Track	7:45pm	400m 1	1 mile 2	High Hurdles " 3	Long Jump	Shot Discus
29th May 2015	Fri	CIT Track	7:45pm	100m 1	800m 4	High Jump	Javelin	4 X 100m Relay
				200m 3	3000m 2	Hammer		
8th June 2015	Mon	CIT Track	7:45pm .	100m 1 2	1500m 3	High Jump	56lb Wt for distance	Discus & Shot
				400m				
16th June 2015	Tues	CIT Track	7:45pm	200m 1	3000m 3	Long Jump	Hammer	4 X 400m Relay
				800m 2	Steeplechase * 4	Triple Jump	Javelin	
16th July 2015	Thür	CIT Track	7:45pm	400m 1	1500m 3	High Jump	Shot	Discus
				100m 2				
22nd July 2015	Wed	CIT Track	7:45pm	200m 1 2	800m 3	Long Jump	Hammer	Medly Relay Javelin
				3000m				

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

For the High Hurdles and Steeplechase to be held, requires previous entry, by e-mail : corkgradedleague@outlook.com , of 3 or more athletes, 7 or more days before competition. (3 or more men will mean men's steeplechase will be held. Similarly competitions in Pole Vault, 400m Hurdles, Additional Triple Jump and Steeplechase may be added, if 3 or more entries per event are emailed 7 or more days before competition date.