



Cork Athletics – Cork County Board, Athletics Ireland

Graded Track and Field Leagues 2016 – Sponsored by John Buckley Sports

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 years) Track events will, if necessary, be divided into separate races, on the basis of performance, which may involve mixed races. Entries will be taken on the day of the meet. The entry/admission fee per meeting is €5.

It is intended to have electronic timing at each meeting.

Cork Athletics Graded Leagues 2016 - Meet Dates

Date	Day	Time	Venue	Track	Field	
18 th May 2016	Wed	19:45	CIT Track, Bishopstown	400m Mile High Hurdles *	Shot Discus	Long Jump
9 th June 2016	Thurs	19:45	CIT Track, Bishopstown	100m 400m 1500m	56lb Wt for distance Discus Shot	High Jump
20 th June 2016	Mon	19:45	CIT Track, Bishopstown	200m 800m 3000m Steeplechase * 4 x 400m Relay	Hammer Javelin	Long Jump Triple Jump
12 th July 2016	Tues	19:45	CIT Track, Bishopstown	400m 100m 1500m	Shot Discus	High Jump
25 th July 2016	Mon	19:45	CIT Track, Bishopstown	200m 300m 800m Medley Relay	Hammer Javelin	Long Jump
26 th Aug 2016	Fri	19:45	CIT Track, Bishopstown	100m 3000m 200m 800m 4 x 100m Relay	Javelin Hammer	High Jump

Throwing events and long and triple jumps will be decided on basis of 4 attempts. Order of track events is as above.

For the High Hurdles and Steeplechase to be held, requires prior entry by email : of 3 or more athletes, 7 or more days before competition. (Men's steeplechase will be held if 3 or more men enter.) 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.