

Graded Track & Field Meetings 2010

Cork County Athletics Board Athletics Association of Ireland

Date & Start Time	Venue	Events
Tuesday 01 June, 7pm	Mardyke Track	200m, 1500m, Long Jump, Shot, 4x400m Relay
Friday 25 June, 7pm	CIT Track	100m, 800m, High Jump, Discus, 4x800m Relay
Monday 12 July, 7pm	CIT Track	400m, 3000m, Triple Jump, Javelin
Tuesday 27 July, 7pm	Mardyke Track	200m, Mile, Long Jump, Shot, Medly Relay (2x200m, 400m, 800m)
Tuesday 10 August, 7pm	CIT Track	100m, 800m, Sprint Hurdles, High Jump, Javelin

- For athletes aged 17 years and older
- Track Events will, if necessary, be divided into separate races based on performance, which could involve mixed races.
- It would be appreciated if clubs/athletes would help out on the night.
- Entries will be accepted on the night. Clubs are requested to obtain commitment to the events in which they plan to compete and forward the lists to Fergus O'Donovan odknkwd@iol.ie
 - Entry Forms available on www.corkathletics.org
- Entry fee €2 per night, each athlete will receive a performance certificate.

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**Cork County Athletics Board
Athletics Association of Ireland
Club: _____**

Name	Event	Personal Best	Male/ Female	Tues 01 Jun	Fri 25 Jun	Mon 12 Jul	Tues 27 Jul	Tues 10 Aug
				Mardyke	CIT	CIT	Mardyke	CIT

Helpers from Club:

Name	Date Available

To be submitted to Fergus O'Donovan odknkwd@iol.ie ideally 3 days before the night of the event. Entries will be accepted on the night, entry fee - €2.