



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, 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				
13 th May 2015	Wed	CIT Track	7:45 pm	400m 1	Mile 2 High Hurdles* 3	Long Jump	Shot Discus	
29 th May 2015	Fri	CIT Track	7:45 pm	100m 1 200m 3	3000m 3 800m 4	High Jump	Javelin Hammer	4 x 100m Relay
8 th June 2015	Mon	CIT Track	7:45 pm	100m 1 400m 2	1500m 3	High Jump	56lb wt for distance Discus & Shot	
16 th June 2015	Tues	CIT Track	7:45 pm	200m 1 800m 2	3000m 3 Steeplechase* 4	Long Jump Triple Jump	Hammer Javelin	4 x 400m Relay
16 th July 2015	Thurs	CIT Track	7:45 pm	400m 1 100m 2	1500m 3	High Jump	Shot Discus	
22 nd July 2015	Wed	CIT Track	7:45 pm	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, 7 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 7 or more days before competition date.