

Cork Graded Track and Field Meetings 2011

A programme of 6 graded meetings is planned for athletes male and female over 17 years old on the day of the competition on the dates hereunder. **(Shot, Discus, Hammer and 56lb throw are for over 18 year on the day)**

Track events will if necessary be divided into separate races on the basis of performance, which could involve mixed races. Although entries will be accepted on the day, clubs are to be asked to obtain commitment to the events in which they plan to compete and forward lists to the board.

The entry / admission fee per meeting is to be **€5**. Each athlete is to receive a performance certificate.

It is intended to have electronic timing at each meeting

Date	Day	Venue	Time	Events				
23rd May 2011	Monday	CIT Track	7.00 p.m.	200m	3000m	Long Jump	Shot 56lb dist	4X400m Relay Cork Co. Ch
10th June 2011	Friday	CIT Track	7.00 p.m.	100m	800m	High Jump	Discus	4X200m Relay
22nd June 2011	Wednesday	CIT Track	7.00 p.m.	400m	1500m	Triple Jump	Javelin	Pole Vault
9th July 2011	Saturday	CIT Track	2.30 p.m.	100m 200m	800m 5000m	Long Jump High Jump	Shot 56lb dist.	4 X 100m Relay 400m Hurdles
19th July 2011	Tuesday	CIT Track	7.00 p.m.	400m	2000m StpleCh	High Jump	Hammer (last event)	Medly Relay (2X200, 400, 800)
11th August 2011	Thursday	CIT Track	7.00 p.m.	100m	800m	Long Jump	Javelin	High Hurdles Pole Vault