



DUBLIN GRADED SERIES



MORTON STADIUM



DSD



UCD



LUCAN



TALLAGHT





BRIEF HISTORY

It's not exactly clear as to when the graded league track and field meetings commenced but there is consensus that it would have been in the early 1950's, in the region of 70 years ago. There were two athletic associations in place up to 1967 therefore prior to that both associations hosted separate graded meetings.

The tracks in use at that stage were Morton Stadium, cinder track from 1958, College Park, Iveagh Grounds and UCD-Belfield, all grass tracks. From time-to-time events were held in Ringsend Park-Irishtown, and Sundrive Road, both of which had cinder surfaces but with poor underfoot conditions.

The graded leagues were established to provide opportunities for athletes to compete against other athletes of a similar standard. Prior to that anyone who entered an event even beginners could wind up competing against Olympians.

Initially there were three grades A, B and C with standards appropriate for the time. Points were awarded for the first eight in event in each grade and overall winner's trophies were awarded at the end of the series.

Additionally, where an athlete achieved a superior grade standard, they were promoted upwards. In other words, if an athlete in grade C achieved a grade B standard in any particular event, they were automatically promoted to grade B. Similarly, they would be promoted to grade A if they achieved such a standard. The athlete was only promoted in the event they achieved the superior standard, therefore one could be grade A in the 1500M, grade B in the 400M and grade C in the 100m etc.

Athletes had no choice but to compete in their allocated grade based on performance. In more recent times grade D was added for beginners, with some success. Bearing in mind the technology improvements in equipment and stadia, draft grades have been drawn up as shown on later pages



Events

Meet	1	2	3	4	5	6	7	8
	100	200 + 4 x 100	400 + 4 x 400	100 DCM	100	200 DCM	200-MASTERS	400
	800	1500 DCM	800 DCM	400 DCM	800	800	1500-MASTERS	MILE
	3000			1500	3000	3000		3000
	PACED MILES			5000/10000 DCM	5000 DCM			
				JAVELIN DCM		JAVELIN		
	SHOT DCM		SHOT					SHOT
		DISCUS			DISCUS		DISCUS	
	HAMMER DCM				HAMMER			HAMMER
		H JUMP DCM		H JUMP			H-JUMP	
		L JUMP			L JUMP DCM		L JUMP	
						T JUMP		T JUMP
	P VAULT AT DSD			P VAULT		P VAULT DCM		
	APRIL 29TH	MAY 10TH	MAY 24TH	JUNE 3RD	JUNE 21ST	JULY 5TH	JULY 19TH	AUGUST 2ND
	UCD	TALLAGHT	LUCAN	UCD	MORTON	DSD	TALLAGHT	MORTON
OPENING	APRIL 24	MAY 5	MAY 19	MAY 29	JUNE 16TH	JUNE 30	JULY 14	JULY 28
CLOSING	APRIL 27	MAY 8	MAY 22	JUNE 1	JUNE 19TH	JULY 3	JULY 17	JULY 31
DECLARE	06.00 29/4	13.00 10/5	13.00 24/5	06.00 3/6	13.00 21/6	13.00 5/7	13.00 19/7	13.00 2/8

How do Graded races work?

Each event has been allocated grades A, B, C and D.

When entering choose a grade based on your personal best -e.g. a

woman sprinter with a personal best of 13.30 for 100M seconds should choose Grade C in that event. A woman sprinter with a personal best of between 12.51 and 13.00 for 100M should choose Grade B.

Athletes who achieve a PB during the season should apply that mark to their next graded league entry.

For each track event, the programme will have clear grades published.

GRADE A	12.50 OR BETTER
GRADE B	13.00 OR BETTER
GRADE C	13.50 OR BETTER
GRADE D	ALL OTHERS

How do Field events work?

For 2023 graded standards will not apply to field events.

To ensure good quality competition a minimum number of 4 athletes must present.

Each athlete in the throwing events will have 6 attempts.

Each athlete in the horizontal events will have 6 attempts.

Athletes in the vertical jumps will have attempts as per the rules of High Jump and Pole Vault.

What can you expect?

Electronic timing.

A Master's programme will be included.

Access to new and existing excellent tracks.

Pacemakers and Prizes will be available for select events.

Opportunity to attain a PB and compete with athletes that are similar in ability.

Dublin Championship DCB events will be incorporated within some events. Athletes registered with Dublin Clubs only eligible for Dublin Championship medals.

Results will be sent by text and will be available on line after the event



Meeting 1 UCD 29/04/2023				
Time				Standard
12.00	Paced Mile	Mixed		10 min/mile
12.15				9 min/mile
12.30				8 min/mile
12.45				7 min/mile
13.00				6 min/mile
14.30	800m	Women	A	2.16 or better
14.37			B	2.22 or better
14.44			C	2.30 or better
14.51			D	All others
14.58		Men	A	1.55 or better
15.05			B	2.00 or better
15.12			C	2.05 or better
15.19			D	All others
15.30	100m	Women	A	12.50 or better
15.35			B	13.00 or better
15.40			C	13.50 or better
15.45			D	All others
15.50		Men	A	11.20 or better
15.55			B	11.50 or better
16.00			C	12.00 or better
16.05			D	All others
16.15	3000m	Women	A & B	11.15 or better
16.30			C & D	All others
16.45		Men	A & B	9.30 or better
17.00			C & D	All others

NB

Field events Start time.

Hammer 13.30

Pole Vault 13.30-Will be held at DSD Campus by kind permission.

Shot 15.30

The hammer and shot will be Dublin championships (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.



Meeting 2 Tallaght Stadium 10/05/2023				
Time				Pace
19.00	1500m	Women		4.20
19.08				4.35
19.16				4.45
19.24				5.00
19.32				5.20
19.40				5.40
19.48		Men		3.50
19.56				4.00
20.04				4.10
20.12				4.20
20.20				4.30
20.28				4.45
20.35	200m	Women	A	25.50 or better
20.40			B	26:00 or better
20.45			C	27:00 or better
20.50			D	All others
20.55		Men	A	23:00 or better
21.00			B	24:00 or better
21.05			C	25:00 or better
21.10			D	All others

NB

Field events Start time.

Discus 19:00

Long Jump 19.48

High Jump 20.35

Special 4 X 100 M for Junior and Under 23 Women and Men relays will be held.

The 1500M and High Jump will be Dublin championships (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.

Where heats are held in a Dublin Championship (DCM) the fastest Dublin registered, woman or man on time over the heats will be declared the champion.

Meeting 3 Lucan Track 24/05/2023				
Time				Pace
19.00	800m	Women		2.05 Pace
19.06				2.10 Pace
19.12				2.15 Pace
19.18				2:20 Pace
19.24				2:25 Pace
19.30		Men		2.30 Pace
19.36				1:50 Pace
19.42				1:54 Pace
19.48				1:58 Pace
19.54				2.02 Pace
20.00	400m	Women		2:06 Pace
20.06				2:10 Pace
20.10			A	60.00 or better
20.15			B	65.00 or better
20.20			C	68.00 or better
20.25			D	All others
20.30		Men	A	49.00 or better
20.35			B	52.00 or better
20.40			C	55.00 or better
20.45			D	All others

NB

Field events Start time.

Shot 19:00

Special 4 X 400 Junior/Senior Women and Men will be held at this meeting.

The 800m will be Dublin a championship (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.

Where heats are held in a Dublin Championship (DCM) the fastest Dublin registered, woman or man on time over the heats will be declared the champion.



Meeting 4 UCD Stadium 03/06/2023				
Time				Pace
14.45	1500m	Women	A	4.30 or better
14.53			B	4.50 or better
15.01			C	5:10 or better
15.09			D	All others
15.17		Men	A	4.00 or better
15.25			B	4.10 or better
15.33			C	4.20 or better
15.41			D	All others
15.50	100m	Women	A	12.50 or better
15.58			B	13.00 or better
16.06			C	13.50 or better
16.14			D	All others
16.22		Men	A	11.20 or better
16.30			B	11.50 or better
16.38			C	12.00 or better
16.46			D	All others
16.55	400m	Women	A	60:00 or better
17.00			B	65:00 or better
17.05			C	68:00 or better
17.10			D	All others
17.15			A	49:00 or better
17.20			B	52:00 or better
17.25			C	55:00 or better
17:30			D	All others

NB

Field events Start time.

Javelin 13.30

Pole vault 14:00

High Jump 15.40

The 100m, 400m, 5000m women, 10000m men and Javelin will be Dublin championships (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.

A minimum of six entries in both the women's 5000m and men's 10000m for the events to proceed as championships. Where heats are held in a Dublin Championship (DCM) the fastest Dublin registered woman or man on time over the heats will be declared the champion. Paced mile races for beginners and novice runners are planned in the pre-programme commencing at 12.00



Meeting 5 Morton Stadium 21/06/2023				
Time				Standard
19:00	800m	Women	A	2.16 or better
19:07			B	2.22 or better
19:14			C	2.30 or better
19:21			D	All others
19:28		Men	A	1.55 or better
19:35			B	2.00 or better
19:42			C	2.05 or better
19:50			D	All others
20:00	200m	Women	A	25.50 or better
20:05			B	26.00 or better
20:10			C	27.00 or better
20:15			D	All others
20:20		Men	A	23.00 or better
20:25			B	24.00 or better
20:30			C	25.00 or better
20:35			D	All others
20:45	5000m	W	A & B	11.15.00 or better
21:00			C & D	All others
21:15		M	A & B	16.15.00 or better
21:30			C & D	All others

NB

Hammer 19:00

Triple Jump 19.07

Discus 20.00

The 5000m Mens and Pole Vault will be Dublin championships (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.

Where heats are held in a Dublin Championship (DCM) the fastest Dublin registered woman or man on time over the heats will be declared the champion.

Meeting 6 DSD Campus 05/07/2023				
Time				Pace
19:00	1500m	Women	A	2:16 or better
19:07			B	2:22 or better
19:14			C	2:30 or better
19:21			D	All others
19:28		Men	A	1:55 or better
19:35			B	2:00 or better
19:42			C	2:05 or better
19:50			D	All others
20:00	100m	Women	A	12.50 or better
20:05			B	13:00 or better
20:10			C	13:50 or better
20:15			D	All others
20:20		Men	A	11:20 or better
20:25			B	11:50 or better
20:30			C	12:00 or better
20:35			D	All others
20:45	3000m	W	A-B	11:15.00 or better
21:00			C-D	All others
21:15		M	A-B	9:30.00 or better
21:30			C-D	All others

NB

Field events **Start time.**

Javelin 19:00

Pole Vault 19.50

Triple Jump 20.00

The 200m Mens and Pole Vault will be Dublin championships (DCM). Only athletes registered with Dublin Clubs are eligible to compete for DCM medals.

Where heats are held in a Dublin Championship (DCM) the fastest Dublin registered woman or man on time over the heats will be declared the champion.



Meeting 7 Tallaght Stadium 19/07/2023				
Time			Pace	
19:00	1500m	Women	Masters	W 35
19:07			Masters	W 50
19:14			Grade A	4.30 or better
19:21			Grade B	4.50 or better
19:28			Grade C	5.10 or better
19:35		Men	Grade D	All Others
19:42			Masters	M 35
19:49			Masters	M 50
19:56			Grade A	4.00 or better
20:03			Grade B	4.10 or better
20:10			Grade C	4.20 or better
20:17			Grade D	All Others
20:30	200m	Women	Masters	W 35
20:35			Masters	W 50
20:40			Grade A	25.50 or better
20:45			Grade B	26.00 or better
20:50		Men	Grade C	27.00 or better
20:55			Grade D	All Others
21:00			Masters	M 35
21:05			Masters	M 50
21:10			Grade A	23.00 or better
21:15			Grade B	24.00 or better
21:20			Grade C	25.00 or better
21:25			Grade D	All Others

NB

Field events Start time.

Discus 19:00

High Jump 20:03

Long Jump 20:30

Meeting 8 Morton Stadium 02/08/2023				
Time			Pace	
19:00	Mile	Women	A	5:00 or better
19:07			B	5:30 or better
19:14			C	6:00 or better
19:21			D	All others
19:28		Men	A	4.20 or better
19:35			B	4.40 or better
19:42			C	5:00 or better
19:50			D	All others
20:00	400m	Women	A	60.00 or better
20:05			B	65.00 or better
20:10			C	68.00 or better
20:15			D	All others
20:20		Men	A	49.00 or better
20:25			B	52.00 or better
20:30			C	54.00 or better
20:35			D	All others
20:45	3000m	W	A-B	11.15.00 or better
21:00			C-D	All others
21:15		M	A-B	09:30.00 or better
21:30			C-D	All others

NB

Field events Start time.

Triple Jump 19.00

Hammer 19.21

Shot 20:00



Women's Grades

		ATHLETES WHO HAVE
	GRADE	RUN-SUB
100mts	A	12.50
	B	13.00
	C	13.50
	D	ALL OTHERS
200mts	A	25.50
	B	26.00
	C	27.00
	D	ALL OTHERS
400mts	A	60.00
	B	65.00
	C	68.00
	D	ALL OTHERS
800mts	A	2.16.00
	B	2.22.00
	C	2.30.00
	D	ALL OTHERS
1500mts	A	4.30.00
	B	4.50.00
	C	5.10.00
	D	ALL OTHERS
3000mts	A	10.15.00
	B	11.00.00
	C	11.45.00
	D	All Others

Men's Grades

		ATHLETES WHO HAVE
	GRADE	RUN-SUB
100mts	A	11.20
	B	11.50
	C	12.00
	D	ALL OTHERS

200mts	A	23.00
	B	24.00
	C	25.00
	D	ALL OTHERS

400mts	A	49.00
	B	52.00
	C	55.00
	D	ALL OTHERS

800mts	A	1.55.00
	B	2.00.00
	C	2.05.00
	D	ALL OTHERS

1500mts	A	4.00.00
	B	4.05.00
	C	4.15.00
	D	ALL OTHERS

3000mts	A	9.30.00
	B	10.00.00
	C	10.45.00
	D	ALL OTHERS

5000mts	A	15.15.00
	B	16.00.00
	C	17.00.00
	D	ALL OTHERS



DUBLIN TRACK LOCATION DETAILS

DSD TRACK

St Thomas Track,
Tibradden Road,
Rathfarnham,
Dublin 16
D16 T6N2

LUCAN TRACK

Newcastle Road,
Lucan,
Co Dublin
K78 V5W6

MORTON STADIUM

Swords Road,
Santry,
Co Dublin
D09 RV10

TALLAGHT TRACK

Bancroft Park,
Greenhills Road,
Tallaght,
Dublin 24
D24 X7WY

UCD TRACK

Clonskeagh Entrance,
UCD Campus,
Clonskeagh,
Dublin 14
D04 V1W8



DUBLIN ATHLETICS ATHLETIC ASSOCIATION OF IRELAND

Dublin Athletics AAI is the governing body for athletics in Dublin. It represents some 50 athletic clubs with a combined membership in excess of 11,000 athletes.

The origins of the Dublin Athletics date back over a hundred years and since its inception the ethos of voluntary contribution in the service of young athletes has remained. Dublin Athletics organises a full range of competition, track and field, cross country and indoors for under age athletes from 8 to 19, and senior athletes from 19 to 90.

The officers, who deliver these competitions are all voluntary and drawn from constituent clubs. They are elected at Annual General Meetings and the current officers elected on February 6th 2023 are as follows:

CHAIRMAN	PJ Claffey	Rathfarnham Athletic Club
VICE CHAIRMAN	Charlie O'Neill	Donore Harriers
HON SECRETARY	Seamus Flynn	Lusk Athletic Club
ASSISTANT HON SECRETARY	VACANT	
HON TREASURER	Mary Friel	Metro St Brigid's
HON REGISTRAR	Antoinette Holland	Lucan Athletic Club
CHILD LIASON OFFICER	Gerty Gilbert	Mid Sutton Athletic Club
UNDERAGE COMPETITION	Cecil Johnston	Tallaght Athletic Club
HON SECRETARY ROAD AND CROSS-COUNTRY	Dick Hooper	Raheny Shamrock
HON SECRETARY GRADED LEAGUES	VACANT	
SOCIAL MEDIA	Nicole Hodson	Lusk Athletic Club
PUBLIC RELATIONS OFFICER	VACANT	
TECHNICAL DEVELOPMENT	Brian Tremble	Metro St Brigid's
JUVENILE DEVELOPMENT	Jermy Lyons	Clongriffin Athletic Club
COMMITTEE	Shirley Murray	Tallaght Athletic Club
COMMITTEE	Aine Kelly	Tallaght Athletic Club

Website: www.dublinathletics.com

Email [**dublinathleticsgradedleagues23@gmail.com**](mailto:dublinathleticsgradedleagues23@gmail.com)

Facebook **Dublin Athletics**

Instagram **Dublin_athletics_insta**

Twitter **@DublinAthletics**



Guidelines and Rules of Participation

1. Dublin Athletics will not tolerate racial abuse towards any athlete or official, offenders will be identified and will face legal consequences.
2. Dublin Athletics will not tolerate abuse, verbal, written or otherwise, directed towards its officers and those prepared to deliver events. Offenders will be identified and will face legal consequences.
3. All Dublin clubs are obliged to supply at least two competent officials for each meeting.
4. Athletes must be 16 years of age or older in the year of competition to compete in any event in the Graded Meetings.
5. Athletes under 18 years of age must have written consent from a parent/guardian.
6. Athletes must be registered with AAI or NI Athletics.
7. AAI or NIA club singlets must be worn. If no singlet is available – a PLAIN white t-shirt/singlet is permitted, on a once off basis.
8. Athletes must enter online by the advertised closing time. Entries will open approx. 5 days before each meeting and will close approx. 2 days before each meeting. Strictly no entries on the day of competition.
9. To facilitate heat and lane draws athletes must confirm their intention to compete at least six hours before the scheduled start of each meeting.
10. Athletes must check in and collect bib at least 45 minutes before event start time.
11. Athletes may compete in more than one event at each meeting at no additional cost.
12. Entry numbers are valid only for the meeting entered
13. In field events, athletes in the throws and lateral jumps will be permitted 6 attempts.
14. The competition will be conducted under senior World Athletics rules, with the exception of throwing events where Masters and U20 athletes may throw implements at an appropriate weight for their age category.
15. Implements must be presented to the appropriate official for weighing 45 minutes in advance of the competition.
16. In the interests of safety, athletes must demonstrate proficiency in their event and may be removed from such event if in the opinion of the referee they do not demonstrate the necessary proficiency.
17. Events will usually be run in grade order: Women before Men, starting with grade 'A' women and grade 'A' men as appropriate.
18. In Dublin championships (DCM) only athletes registered with Dublin Clubs are eligible to compete for Dublin medals.
19. Where heats prove necessary in Dublin Championships (DCM) the fastest woman or man respectively over all the heats will be awarded the winner's medal.
20. The organisers may bring forward the start time of any event by up to 30 minutes.
21. Any appeal shall be made orally or in writing by a competing athlete to the competition referee within 15 minutes of the finish of their event.
22. Dublin Athletics reserves the right to amend any of the above should the need arise.



CLUB INFORMATION

CLUB	EMAIL	WEB	FACEBOOK	INSTAGRAM	TWITTER
APFS HARRIERS ATHLETIC CLUB	apfsharriers@gmail.com		https://www.facebook.com/apfs.harriers		
BALBRIGGAN AND DISTRICT			https://www.facebook.com/pages/Balbriggan-and-District-Athletic-Club/218683438241096		
BALLYBOUGHAL ATHLETIC CLUB	caitrionahoey@hotmail.com		https://www.facebook.com/pages/Ballyboughal-Athletics-Club/489518187738665		
BLACKROCK ATHLETIC CLUB	blackrockac@gmail.com	http://blackrockac.ie/			
BREAKAWAY RUNNING CLUB	Keithtracy1@gmail.com				
BROTHERS PEARSE	secretary@brospearse.com	http://www.brospearse.com/			
CELTIC/DCH ATHLETIC CLUB	mmckenna@upcmail.ie	http://celticdch.com/			
CIVIL SERVICE ATHLETIC CLUB	civilserviceharriersac@gmail.com	https://www.civilserviceharriers.ie/			
CLONGRIFFIN ATHLETIC CLUB	clongriffinathletics@gmail.com	https://clongriffinac.ie/			
CLONIFFE HARRIERS ATHLETIC CLUB	clonliffeharriersac@gmail.com	https://clonliffeharriersac.com	clonliffeharriersac	@clonliffeharriersac	@ClonliffeHAC
CRUSADERS ATHLETIC CLUB		www.Crusadersac.ie	www.facebook.com/CruRunners	www.instagram.com/crusadersac	@CrusadersAC
DONORE HARRIERS		http://www.donoreharriers.com	https://www.facebook.com/donoreharriersac	@donore_harriers	@DonoreHarriers
DUBLIN CITY HARRIERS	der.nagle@gmail.com	http://celticdch.com/			
DUBLIN FRONT RUNNERS ATHLETIC CLUB	dfrsecretary@gmail.com	http://dublinfrontrunners.ie/			
DUBLIN STRIDERS ATHLETIC CLUB	tomoguinn@eircom.net	https://dublinstridersac.com			
DUNDRUM SOUTH DUBLIN ATHLETIC CLUB	dsdathletics@gmail.com	http://www.dsdac.com/			
FINGALLIONS ATHLETIC CLUB			https://www.facebook.com/pages/Fingallians-Athletic-Club/232133623493544		
GARRISTOWN FLYERS ATHLETIC CLUB	Garristownflyersac@gmail.com	https://garristownflyersac.com/			
IRISH MOUNTAIN CARDIO			https://www.facebook.com/pages/category/Coach/Irish-Mountain-Cardio-214577102630023/		
IRISH MOUNTAIN TRAIL RUNNERS	lheff05@gmail.com		https://www.facebook.com/irishmountaintrailrunners/		
LAMBAY ATHLETIC SPORTS ACADEMY		http://lambaysportsathletics.ie/	http://www.facebook.com/lambaysportsacademy	@lsadonabateportrane	@lsarunning
LIFFEY VALLEY ATHLETIC CLUB		www.liffeyvalleyac.com	Liffey Valley AC	https://instagram.com/liffeyvalleyac	@liffeyvalleyac
LUCAN HARRIERS		https://www.lucanharriers.com/	https://www.facebook.com/profile.php?id=100032558062850		@lucan_Harriers
LUSK ATHLETIC CLUB	LuskACPro@gmail.com	http://luskathleticclub.ie/			
MARINO ATHLETIC CLUB	oconnorvalerie@gmail.com				
MARINO INSTITUTE OF EDUCATION	suzy.macken@mie.ie				
METRO ST BRIGIDS ATHLETIC CLUB		https://msbac.ie/	https://www.facebook.com/msbathleticsclub	instagram.com/msb5k	@metro_stbrigids
MID SUTTON ATHLETIC CLUB	midsuttonac78@gmail.com			mid_sutton_athletic_club	
MOUNT MERRION ATHLETIC CLUB	lynchocallaghan@yahoo.co.uk	http://www.mountmerrionathleticsclub.ie/			
PLANT BASED ATHLETIC CLUB		http://www.plantbasedac.com/	https://www.facebook.com/profile.php?id=100083083067490	http://www.plantbasedac.com/	
POLISH RUNNERS CLUB IRELAND	kamilrodakpl@gmail.com	https://www.facebook.com/PolishRCIreland/?fref=tag			
PORTMARNOCK ATHLETIC CLUB		https://portmarnockathleticclub.ie/			
RAHENY SHAMROCK ATHLETIC CLUB	phsbrady@gmail.com	http://www.rahenyshamrock.ie/			
RATHCOOLE ATHLETIC CLUB	emma_no15@yahoo.com	http://rathcooleac.ie/			
RATHFARNHAM ATHLETIC CLUB	info@athleticsrathfarnham.ie	https://www.athleticsrathfarnham.ie/			
SKERRIES ATHLETIC CLUB	Garmcq@gmail.com	http://skerriesac.com/			
SPORTSWORLD ATHLETIC CLUB	aileenmelody65@gmail.com	http://www.sportsworldrunningclub.com/			
TALLAGHT ATHLETIC CLUB	maybogmc@gmail.com	http://www.tallaghtac.ie/			
TEMPLEOGUE ATHLETIC CLUB	templeogueac@gmail.com		https://www.facebook.com/profile.php?id=100083220941946		
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