Below is a breakdown of the dates, venues and events for the upcoming Graded Meeting Track and Field season. All members age 16 and over are invited to participate. Each event is graded A,B,C and D depending on times and distances. See the booklet provided for full details.

Note: Louth Graded Meetings are **Open** events, meaning Lusk AC athletes **can** participate.

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| **Date** | **Area** | **Venue** | **Events** | **Start Time** |
| April 20th | Dublin | Santry | 3000800m100mHigh JumpPole VaultHammer Shot Putt | 7pmSee Booklet |
| April 28th | Louth | Drogheda | 100m800m3000mLong Jump |  |
| May 11th | Dublin | Tallaght | 200m1500m5000mLong JumpPole VaultShot PuttJavelin | 7pmSee Booklet |
| May 19th | Louth | Drogheda | 200m1500m5000mShot Putt |  |
| May 25th | Dublin | Irishtown Stadium | \*10,000m (\*Championship)400m800mTriple JumpDiscusJavelin | 7pmSee Booklet |
| June 2nd | Louth | Drogheda | 400mMileJavelin |  |
| June 8th | Dublin | Santry | \*100m\*400m\*1500m(\*Championship)High JumpPole VaultHammerShot Putt | 7pmSee Booklet |
| June 17th | Louth | Drogheda | DDAC Midsummer 5k |  |

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| **Date** | **Area** | **Venue** | **Events** | **Start Time** |
| June 22nd | Dublin | Tallaght | \*200m\*800m\*3000m(\*Championship)Long JumpPole VaultDiscusJavelin | 7pmSee Booklet |
| June 30th | Louth | Drogheda | 200m800m3000mLong Jump |  |
| July 7th | Louth | Drogheda | 100m1500m400mShot Putt |  |
| July 13th | Dublin | Irishtown Stadium | 100m800m5000mTriple JumpDiscusJavelin | 7pmSee Booklet |
| July 20th | Dublin | Santry | 200m800mDM Relay LeagueHigh JumpPole VaultHammerShot Putt | 7pmSee Booklet |
| July 21st | Louth | Drogheda | Louth Junior, Senior and Masters T&F.100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Shot Putt, Javelin, Fit4life Mile. |  |
| August 3rd | Dublin | Tallaght | 400m3000mDMR Relay Lge.Long JumpPole VaultDiscusShot Putt | 7pmSee Booklet |
| August 4th or 11th | Louth | Drogheda | Events TBC |  |