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 | 3000  800m  100m  High Jump  Pole Vault  Hammer  Shot Putt | 7pm  See Booklet |
| April 28th | Louth | Drogheda | 100m  800m  3000m  Long Jump |  |
| May 11th | Dublin | Tallaght | 200m  1500m  5000m  Long Jump  Pole Vault  Shot Putt  Javelin | 7pm  See Booklet |
| May 19th | Louth | Drogheda | 200m  1500m  5000m  Shot Putt |  |
| May 25th | Dublin | Irishtown Stadium | \*10,000m (\*Championship)  400m  800m  Triple Jump  Discus  Javelin | 7pm  See Booklet |
| June 2nd | Louth | Drogheda | 400m  Mile  Javelin |  |
| June 8th | Dublin | Santry | \*100m  \*400m  \*1500m  (\*Championship)  High Jump  Pole Vault  Hammer  Shot Putt | 7pm  See 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 Jump  Pole Vault  Discus  Javelin | 7pm  See Booklet |
| June 30th | Louth | Drogheda | 200m  800m  3000m  Long Jump |  |
| July 7th | Louth | Drogheda | 100m  1500m  400m  Shot Putt |  |
| July 13th | Dublin | Irishtown Stadium | 100m  800m  5000m  Triple Jump  Discus  Javelin | 7pm  See Booklet |
| July 20th | Dublin | Santry | 200m  800m  DM Relay League  High Jump  Pole Vault  Hammer  Shot Putt | 7pm  See 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 | 400m  3000m  DMR Relay Lge.  Long Jump  Pole Vault  Discus  Shot Putt | 7pm  See Booklet |
| August 4th or 11th | Louth | Drogheda | Events TBC |  |