



DUBLIN GRADED LEAGUES

BOOKLET 2025



Dublin Graded Meeting, Shelbourne Stadium, Irishtown, August 1957
Photo courtesy of Jimmy O'Neill, Crusaders





DUBLIN GRADED LEAGUES 2025

BOOKLET

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Dublin Graded Series 2025 – Dates and Features

For 2025, eight dates have been selected all of which are confirmed at this stage as follows:

			1st Event	Entries Close
Meeting 1	Saturday 3 rd May	Morton Stadium	11.40	Apr 30 th – 23.59
Meeting 2	Sunday 11 th May	Morton Stadium	12.00	May 7 th – 23.59
Meeting 3	Wednesday 21 st May	Tallaght Athletics Stadium	18.45	May 17 th – 23.59
Meeting 4	Wednesday 4 th June	Morton Stadium	19.00	May 30 th – 23.59
Meeting 5	Saturday 14 th June	DSD Campus	13.40	Jun 10 th – 23.59
Meeting 6	Wednesday 25 th June	Morton Stadium	18.40	Jun 21 st – 23.59
Meeting 7	Wednesday 16 th July	Lucan Harriers Track	19.00	Jul 12 th – 23.59
Meeting 8	Wednesday 30 th July	Morton Stadium	19.00	Jul 26 th – 23.59

Similar to previous years, eight graded leagues are scheduled for 2025. The programme has been planned, where possible, to allow all events both track and field, three separate dates.

It is intended to provide additional opportunity for sprinters. For the first two meetings all sprinters will have two races over 100m and 200m respectively. At other meetings, where either 100m or 200m are being staged, there will be finals based on the eight fastest times in the opening heats. Where feasible, races over 100m and 200m will be run with the prevailing wind.

Four athletic tracks will be engaged to deliver the series namely Morton Stadium, DSD Campus, Tallaght Athletic Stadium and Lucan Harriers Track.

Bearing in mind the heavy traffic in Dublin on Wednesday evenings there will be three meetings on Saturdays and Sundays.

There have already been requests from the High Performance unit of the Athletic Association of Ireland to host relays. There has also been a request to stage hurdles races in a particular meeting (meeting 6). It may arise that the master athletes may consider further world record attempts.

- It is intended to “Live Stream” the track events at all eight meetings.
- AAI permits will be requested for all meetings.
- WA permits have been requested for all eight meetings.
- Full electronic timing will be in place at all meetings.
- Sprinters will have two races in meetings 1 and 2.
- Sprinters (100m and 200m) will have heats and finals at meetings 4, 5, and 8.
- Where possible sprinters will run with the wind.
- Dublin championships will be held for all events. Meetings 1, 2 and 3 refer.
- The ever popular grand prix will be held for both track and field events.
- The year end prize giving evening will again be held in September 2025.

	MEET 1	MEET 2	MEET 3	MEET 4	MEET 5	MEET 6	MEET 7	MEET 8
	MORTON Saturday 03 May 2025	MORTON Sunday 11 May 2025	TALLAGHT Wednesday 21 May 2025	MORTON Wednesday 04 June 2025	DSD CAMPUS Saturday 14 June 2025	MORTON Wednesday 25 June 2025	LUCAN Wednesday 16 July 2025	MORTON Wednesday 30 July 2025
4 x 100m	X				X			
100/100m H						X		
100m	X - Champ*			X				X
200m		X - Champ*			X			
400m			X - Champ*			X		
800m	X - Champ*			X	X		X	
1500m		X - Champ*				X		X
Mile			X					
3000m	X - Champ*				X		X	
5000m		X						
10000m			X - Champ*					
2000m S/C	X							
Shot	X - Champ*			X		X	X	
Discus		X - Champ*			X			X
Javelin		X - Champ*		X		X		
Hammer	X - Champ*		X			X		
Long Jump	X - Champ*			X				X
Tripple Jump		X - Champ*			X			
High Jump	X - Champ*				X			X
Pole Vault		X - Champ*			X			X
		X - Champ*	Medals to Dublin registered athletes only.					



**Meeting 1 – Saturday May 3rd 2025 – Morton Stadium, Santry
Order of Events, commencing at 11.40**

4 x 100m Relay - Race 1	Women	
4 x 100m Relay - Race 1	Men	
Hammer	Women and Men	
Long Jump	Women and Men	
2000m S/C	Women	
	Men	
3000m	Women A + B	
	Women C + D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
Shot	Women and Men	
High Jump	Women and Men	
4 x 100m Relay - Race 2	Women	
4 x 100m Relay - Race 2	Men	
100m - 1st Race	Women A-1	
	Women A-2	
	Women B-1	
	Women B-2	
	Women C-1	
	Women C-2	
	Women D-1	
	Women D-2	
	Men A-1	
	Men A 2	
	Men B-1	
	Men B-2	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

**Final timetable will be published on social media
24 hours before the meeting is scheduled to commence**



Meeting 1 – Saturday May 3rd 2025 – Morton Stadium, Santry
continued

100m - 2nd Race	Women A-1	
	Women A-2	
	Women B-1	
	Women B-2	
	Women C-1	
	Women C-2	
	Women D-1	
	Women D-2	
	Men A-1	
	Men A-2	
	Men B-1	
	Men B-2	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
800m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

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**Meeting 2 – Sunday May 11th 2025 – Morton Stadium, Santry
Order of Events, commencing at 12.00**

Discus	Women and Men	
Pole Vault	Women and Men	
5000m	Women A	
	Women B	
	Women C	
	Women D	
5000m	Men A	
	Men B	
	Men C	
	Men D	
200m - 1st Race	Women A-1	
	Women A-2	
	Women B-1	
	Women B-2	
	Women C-1	
	Women C-2	
	Women D-1	
	Women D-2	
	Men A-1	
	Men A-2	
	Men B-1	
	Men B-2	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
Javelin	Women and Men	
Triple Jump	Women and Men	
1500m	Women A	
	Women B	
	Women C	
	Women D	

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Meeting 2 – Sunday May 11th 2025 – Morton Stadium, Santry
continued

200m - 2nd Race	Women A-1	
	Women A-2	
	Women B-1	
	Women B-2	
	Women C-1	
	Women C-2	
	Women D-1	
	Women D-2	
	Men A-1	
	Men A-2	
	Men B-1	
	Men B-2	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
1500m	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

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Meeting 3 – Wednesday May 21st 2025 – Tallaght Athletics Stadium
Order of Events, commencing at 18.45

10000m	Men - All	
Hammer	Women and Men	
400m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
Mile	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

Final timetable will be published on social media
24 hours before the meeting is scheduled to commence



**Meeting 4 – Wednesday June 4th 2025 – Morton Stadium, Santry
Order of Events, commencing at 19.00**

Shot	Women and Men	
Javelin	Women and Men	
Long Jump	Women and Men	
100m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
100m - Final	Women	
	Men	
800m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

**Final timetable will be published on social media
24 hours before the meeting is scheduled to commence**



Meeting 5 – Saturday June 14th 2025 – DSD Campus
Order of Events, commencing at 13.40

4 x 100m Relay - Race 1	Women	
4 x 100m Relay - Race 1	Men	
Discus	Women and Men	
Pole Vault	Women and Men	
3000m	Women A + B	
	Women C + D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
4 x 100m Relay - Race 2	Women	
4 x 100m Relay - Race 2	Men	
High Jump	Women and Men	
Triple Jump	Women and Men	
200m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
800m	Women A	
	Women B	
	Women C	
	Women D	
200m Final	Women	
200 Final	Men	
800m	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

Final timetable will be published on social media 24 hours before the meeting is scheduled to commence



**Meeting 6 – Wednesday June 25th 2025 – Morton Stadium, Santry
Order of Events, commencing at 18.40**

100m Hurdles	Women	
110m Hurdles	Men	
Hammer	Women and Men	
400m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
Shot	Women and Men	
Javelin	Women and Men	
1500m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

**Final timetable will be published on social media
24 hours before the meeting is scheduled to commence**



**Meeting 7 – Wednesday July 16th 2025 – Lucan Harriers Track
Order of Events, commencing at 19.00**

Shot	Women and Men	
3000m	Women A + B	
	Women C + D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
800m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

**Final timetable will be published on social media
24 hours before the meeting is scheduled to commence**



**Meeting 8 – Wednesday July 30th 2025 – Morton Stadium, Santry
Order of Events, commencing at 19.00**

Discus	Women and Men	
Pole Vault	Women and Men	
100m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	
100m - Final	Women	
	Men	
High Jump	Women and Men	
1500m	Women A	
	Women B	
	Women C	
	Women D	
	Men A	
	Men B	
	Men C-1	
	Men C-2	
	Men D-1	
	Men D-2	

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DUBLIN ATHLETICS GRADED TRACK AND FIELD SERIES 2025 - GRADES

WOMEN	GRADE	Athletes who have run SUB
100m	A	12.50
	B	13.00
	C	13.50
	D	All Others
200m	A	25.50
	B	26.00
	C	27.00
	D	All Others
400m	A	60.00
	B	65.00
	C	68.00
	D	All Others
800m	A	2.16.00
	B	2.22.00
	C	2.30.00
	D	All Others
1500m	A	4.30.00
	B	4.50.00
	C	5.10.00
	D	All Others
Mile	A	5.00.00
	B	5.30.00
	C	6.00.00
	D	All Others
3000m	A	10.15.00
	B	11.15.00
	C	12.00.00
	D	All Others
5000m	A	17.30.00
	B	18.30.00
	C	19.30.00
	D	All Others
2000m s/c	A	7.15.00
	B	7.35.00
	C	8.00.00
	D	All Others

MEN	GRADE	Athletes who have run SUB
100m	A	11.20
	B	11.50
	C	12.00
	D	All Others
200m	A	23.00
	B	24.00
	C	25.00
	D	All Others
400m	A	49.00
	B	52.00
	C	55.00
	D	All Others
800m	A	1.55.00
	B	2.00.00
	C	2.05.00
	D	All Others
1500m	A	4.00.00
	B	4.10.00
	C	4.20.00
	D	All Others
Mile	A	4.20.00
	B	4.40.00
	C	5.00.00
	D	All Others
3000m	A	9.30.00
	B	10.15.00
	C	11.00.00
	D	All Others
5000m	A	15.15.00
	B	16.15.00
	C	17.00.00
	D	All Others
2000m s/c	A	6.30.00
	B	7.00.00
	C	7.30.00
	D	All Others



Grand Prix Details

Similar to last year, there will be a Grand Prix hosted within the graded league series 2025 with unique medallions being presented to award winners.

Track Events

A unique medallion will be presented to the first three in each grade A to D for both women and men in all track events. In the event of a tie for points, awards will be presented to each athlete involved in the tie.

For track events, 100 points will be awarded to the winner of each race in each grade. Where there are a number of races within a grade the 100 points will go to the fastest time overall.

Where eligible, an athlete may win an award for more than grade.

Additionally, there will be an award to the best overall track performance of the series. Dublin Athletics officers will decide the outcome of this award.

Field Events

For field events it was not deemed appropriate to divide the events into grades on this occasion. For 2025, 100 points will be awarded to the winner of each event at each graded league meeting. The field event Grand Prix will be broken into two sections, throws and jumps. A unique medallion will be presented to athletes, first, second and third, with the highest number of points cumulative in both throws and jumps over the eight meeting series.

An athlete may win an award for more than event.

Additionally, there will be an award to the best overall field performance of the series. Dublin Athletics officers will decide the outcome of this award.

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Dublin Track Locations

DSD CAMPUS

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

LUCAN HARRIERS TRACK

Newcastle Road,
Lucan,
Co Dublin
K78 V5W6

MORTON STADIUM

Swords Road,
Santry,
Co Dublin
D09 RV10

TALLAGHT ATHLETICS TRACK

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



Dublin Athletics Officials

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 March 4th 2024 are as follows:

Chairman	PJ Claffey	Rathfarnham AC
Vice Chairman	Charlie O'Neill	Donore Harriers
Hon Secretary	Vacant	
Assistant Hon Secretary	Seamus Flynn	Lusk Athletic Club
Hon Treasurer	Mary Friel	Metro St Brigid's
Hon Registrar	Sinead Galvin	Clongriffin Athletic Club
Child Liaison 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		
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	
Facebook	Dublin Athletics	
Instagram	Dublin_athletics_insta	
Twitter	@DublinAthletics	



Guidelines and Rules of Participation

1. Dublin Athletics will not tolerate gender or 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 or have a letter of clearance from their overseas federation where applicable.
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 their 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.
23. Queries to admin@dublinathletics.com