

2005 ALABAMA RELAYS SCHEDULE

*****Revised, 10k start times*****

Thursday, March 17, 2005

9:30 AM Heptathlon (100m, HJ, SP, 200m)
10:00 AM Decathlon (100m, LJ, SP, HJ, 400m)

Friday, March 18, 2005

9:00 AM Decathlon (110m, DT, PV, JT, 1500m)
10:00 Heptathlon (LJ, JT, 800m)
***4:00 PM Women's 10,000m
***4:40 Men's 10,000m

Saturday, March 19, 2005

8:00AM Men's Hammer
10:00 Women's Pole Vault (collegiate)
10:00 Women's 5000m
10:25 Men's 5000m
11:00 Women's Discus
11:05 Women's 100m hurdles
11:25 Men's 110m hurdles
11:40 Women's 100m dash
Noon Men's Long Jump
Noon Women's Long Jump
12:05PM Men's 100m dash
12:30 Women's 800m
12:50 Men's 800m
1:15 Women's 3000m steeplechase
1:30 Women's High jump
1:30 Men's Pole Vault (collegiate)
1:30 Men's 3000m steeplechase
2:00 Men's Javelin
2:10 Women's 200m dash
2:35 Men's 200m dash
3:00 Women's 400m hurdles
3:00 Women's Shot put
3:30 Men's 400m hurdles
3:55 Women's 1500m
4:20 Men's 1500m
4:50 Women's 400m
5:15 Men's 400m

2005 ALABAMA RELAYS SCHEDULE

Sunday, March 20, 2005

8:00AM	Women's Hammer
11:00	Men's Discus
12:30PM	Men's Triple jump
12:30	Women's Triple jump
12:30	Men's High jump
12:30	Men's Pole vault (Invitational)
12:30	Women's Shuttle hurdle relay
12:50	Men's Shuttle hurdle relay
1:00	Women's 4x100m relay
1:20	Men's 4x100m relay
1:35	Women's 4x800m relay
2:00	Men's 4x800m relay
2:00	Women's Javelin
2:20	Women's Sprint medley (200-200-400-800)
2:35	Men's Sprint medley (200-200-400-800)
2:50	Women's 4x1500m relay
3:00	Men's Shot put
3:15	Men's 4x1500m relay
3:35	Women's 4x200m relay
3:55	Men's 4x200m relay
4:10	Women's Distance med (1200-400-800-1600)
4:25	Men's Distance med (1200-400-800-1600)
4:50	Women's 4x400m relay
5:10	Men's 4x400m relay