

2009 ALABAMA RELAYS SCHEDULE

Thursday, March 26, 2009

9:30 AM Heptathlon (100H, HJ, SP, 200)
11:00 AM Decathlon (100, LJ, SP, HJ, 400)

Friday, March 27, 2009

9:00 AM Decathlon (110H, DT, PV, JT, 1500)
10:00 AM Heptathlon (LJ, JT, 800)
3:00 PM Hammer (w)

Saturday, March 28, 2009

8:30 AM Women 10,000m
9:15 AM Men 10,000m
10:00 AM Men Pole Vault (collegiate)
10:30 AM Women 5000m
11:10 AM Men 5000m
11:00 AM Women Discus
11:45 AM Women 100m hurdles
12:00 PM Men Long Jump
12:00 PM Women Long Jump
12:05 PM Men 110m hurdles
12:25 PM Women 100m dash
12:50 PM Men 100m dash
1:15 PM Women 800m
1:35 PM Men 800m
2:00 PM Women 3000m steeplechase
1:30 PM Women High jump
1:30 PM Women Pole Vault (invite)
2:15 PM Men 3000m steeplechase
2:00 PM Men Javelin
2:35 PM Women 200m dash
3:00 PM Men 200m dash
3:25 PM Women 400m hurdles
3:00 PM Women Shot put
3:45 PM Men 400m hurdles
4:05 PM Women 1500m
4:30 PM Men 1500m
5:05 PM Women 400m
5:25 PM Men 400m

Sunday, March 29, 2009

8:00 AM Men Hammer
9:30 PM Women Pole Vault (collegiate)
11:00 PM Men Discus
12:30 PM Men Triple jump
12:30 PM Women Triple jump
12:30 PM Men High jump
12:30 PM Men Pole vault (Invite)
12:30 PM Women Shuttle hurdle relay
12:50 PM Men Shuttle hurdle relay
1:05 PM Women 4x100m relay
1:20 PM Men 4x100m relay
1:40 PM Women 4x800m relay
2:00 PM Men 4x800m relay
2:00 PM Women Javelin
2:15 PM Women Sprint medley
2:30 PM Men Sprint medley
2:45 PM Women 4x1500m relay
3:00 PM Men Shot put
3:10 PM Men 4x1500m relay
3:30 PM Women 4x200m relay
3:45 PM Men 4x200m relay
4:00 PM Women Distance medley relay
4:20 PM Men Distance medley relay
4:40 PM Women 4x400m relay
5:00 PM Men 4x400m relay

