

2011 ALABAMA RELAYS SCHEDULE

Thursday, March 24, 2011

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

Friday, March 25, 2011

9:00 AM Decathlon (110H, DT, PV, JT, 1500)
10:00 AM Heptathlon (LJ, JT, 800)
4:00 PM Hammer (w)

Saturday, March 26, 2011

8:30 AM Women	10,000m
9:15 AM Men	10,000m
10:00 AM Men	Pole Vault (collegiate)
10:00 AM Women	Discus
10:30 AM Women	5000m
11:00 AM Girls HS	Mile
11:10 AM Boys HS	Mile
11:20 AM Men	5000m
11:45 AM Women	100m hurdles
12:30 PM Men	Long Jump
12:30 PM Women	Long Jump
12:05 PM Men	110m hurdles
12:25 PM Women	100m dash
12:30 PM Men	Javelin
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
2:35 PM Women	200m dash
3:00 PM Women	Shot put
3:00 PM Men	200m dash
3:25 PM Women	400m hurdles
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 27, 2011

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

