

2023 Alabama Games Schedule of Events

Running Events 8:00am (Open, Masters, girls first, boys second – youngest to oldest)

3000m Run

50m Dash

100m Dash

400m Hurdles

300m Hurdles - if there any Masters running this their hurdles are the last 7 of the 400 hurdles

200m Hurdles

4x100m Relay

400m Dash

1500m Run

100m Hurdles

- 13/14 Girls at 30"
- Masters/Open Women at 33"
- All other girls at 33"
- 13/14 Boys at 33"

110m Hurdles

- Masters Men 25 - 49 at 39"
- 15/16 boys and up at 39"
- Open Men at 42"

1500m Race Walk (if we have insufficient entries this will be cancelled)

2000m Steeplechase

800m Run

200m Dash

4x400m Relay

Field Events Beginning at 9:00am

Open, Masters, girls first, boys second – youngest to oldest

Warm-ups for field events will begin at 8:30

Discus

Shot Put

Long Jump (we have two pits, boys on one and girls on the other)

High Jump

*Hammer – will follow 30 minutes after the conclusion of the Discus

Field Events Beginning at 9:30am

Open, Masters, girls first, boys second – youngest to oldest

Warm-ups for pole vault will begin at 8:30

Pole Vault

Last Field Events

Triple Jump, turbo-jav and then Javelin will start 30 minutes after the conclusion of the Long Jump and Hammer - Open, Masters, girls first, boys second – youngest to oldest