

2023 Alabama Games Schedule of Events

Running Events 8:00am

3000m Run - if we have insufficient numbers to compete, this event is cancelled and we will start a rolling schedule at 9:00

Running Events 9:00am (Masters - Open, Then youngest to oldest youth, girls first, boys second)

100m Dash

400m Hurdles

300mn Hurdles

200m Hurdles

4x100m Relay

400m Dash

1500m Run

100m Hurdles

110m Hurdles

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

800m Run

200m Dash

4x400m Relay

(no 80m youth hurdles)

Field Events Beginning at 9:00am

Open, Masters, then youngest to oldest youth girls first, boys second

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

Discus

Shot Put

High Jump

Javelin

Field Events Beginning at 9:30am

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

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

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

Last Field Events

these will start 45 minutes after the conclusion of the Long Jump and Discus

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

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

Hammer