**Thursday, July 10th Multi Events** (Day 1) - Choccolocco Park

**11:00 AM**

Decathlon 15-16 B, 17-18 Men

100 Meter Dash

Long Jump

Shot Put

High Jump

400 Meter Dash

**11:30 AM**

Heptathlon 15-16 G, 17-18 Women

100 Meter Hurdles

High Jump

Shot Put

200 Meter Dash

**Friday, July 11th Multi Events and Hammer Throw** (Day 2) - Choccolocco Park

**9:30 AM**

Pentathlon 11-12,13-14 Boys/Girls

80m/100m Hurdles

High Jump Shot Put Long Jump

800 Meter Dash (Girls)

1500 Meter Run (Boys)

**10:00 AM**

Decathlon 15-16 B, 17-18 Men

110 Meter Hurdles

Discus Throw Pole Vault Javelin Throw

1500 Meter Run

**10:30 AM**

Heptathlon 15-16 Girls, 17-18 Women

Long Jump

Javelin Throw

800 Meter Run

**12:30 P M**

Triathlon 9-10 Boys/Girls

High Jump

Shot Put

400 Meter Dash (Boys)

200 Meter Dash (Girls)

**4:00 PM FRIDAY JULY 11**

Hammer Throw 15-16 Girls

Hammer Throw 17-18 Young Women

Hammer Throw 15-16 Boys

Hammer Throw 17-18 Young Men

**Saturday, July 12th Running Events Trials/ Finals** (Day 3) – Choccolocco Park

**8:00 AM**

3000 Meter Run (Finals) 11-12, 13-14, 15-16, 17-18

400 Meter Hurdles 15-16, 17-18 Boys (36”) Timed Finals

400 Meter Hurdles 15-16, 17-18 Girls (30”) Timed Finals

200 Meter Hurdles 13-14 Girls Boys (30”) Timed Finals

3000 Meter Race Walk (Finals) 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 W, 17-18 M

400 Meter Dash ALL DIVISIONS Timed Finals

4x800 Relay FINAL 11-12, 13-14, 15-16, 17-18 Girls, Boys and Mixed (15-16 and 17-18)

2000 Meter Steeplechase Finals

13-14 Girls 30” Barriers

13-14 Boys 30” Barriers

15-16 Girls 30” Barriers

17-18 Women 30” Barriers

15-16 Boys 36” Barriers

17-18 Men 36” Barriers

200 Meter Dash ALL DIVISIONS Timed Finals

**Saturday, July 12th Field Events** (Day 3) – Choccolocco Park

**8:30 AM**

Long Jump 8 and Under Boys

Mini Javelin 8 and Under Girls

Shot Put 9-10 Boys

Long Jump 11-12 Girls

Discus 13-14 Girls

High Jump 15-16 Boys

**9:30 AM**

Pole Vault 13-14 Girls, 15-16 Girls, 17-18 Women

Long Jump 9-10 Girls Mini Javelin 9-10 Boys

Shot Put 11-12 Girls

High Jump 15-16 Girls

Discus 15-16 Boys

Long Jump 17-18 Men

**10:30 AM**

Aero Javelin 11-12 Girls

Long Jump 11-12 Boys

High Jump 13-14 Girls

Discus 15-16 Girls

Long Jump 17-18 Women

Shot Put 13-14 Boys

**12:30 P M**

Pole Vault 13-14 Boys,15-16 Boys, 17-18 Men

Mini Javelin 8 and Under Boys

Shot Put 9-10 Girls Long Jump 13-14 Boys Long Jump 13-14 Girls

Discus 17-18 Men

High Jump 17-18 Women

**1:30 P M**

Long Jump 8 and Under Girls

Mini Javelin 9-10 Girls

Discus 13-14 Boys

Long Jump 15-16 Boys

Shot Put 17-18 Men

High Jump 17-18 Men

**2:30 P M**

Shot Put 8 and Under Boys

Long jump 9-10 Boys Aero Javelin 11-12 Boys

Long Jump 15-16 Girls Discus 17-18 Women

High Jump 13-14 Boys

**3:15 P M**

Shot Put 8 and Under Girls

**3:30 PM**

Javelin 15-16 Girls

Javelin 17-18 Young Women

Javelin 15-16 Boys

Javelin 17-18 Young Men

**4:00 PM**

Shot Put 13-14 Girls

**Sunday, July 13th Running Events Finals** (Day 4) – Choccolocco Park

**8:00 AM**

1500m run FINAL ALL Divisions

4x100 Meter ALL DIVISIONS

80 Meter Hurdles 11-12 Boys/Girls (30”) Timed Finals

80 Meter Hurdles 11-12 Girls-Boys (30") Timed Finals

100 Meter Hurdles 13-14 Girls (30") Timed Finals

100 Meter Hurdles 15-16 Girls, 17-18 Women (33") Timed Finals

100 Meter Hurdles 13-14 (36") Timed Finals

110 Meter Hurdles 15-16 Boys, 17-18 Men (39") Timed Finals

100 Meter Hurdles 13-14 Girls (30”) Timed Finals

100 Meter Hurdles 15-16 Girls, 17-18 Women (33”) Timed Finals

100 Meter Hurdles 13-14 Boys, (36”) Timed Finals

110 Meter Hurdles 15-16 Boys, 17-18 Men (39”) Timed Finals

100 Meter Dash ALL DIVISIONS Timed Finals

800 Meter Dash ALL DIVISIONS

1500 Meter Race Walk FINAL 9-10 G, 9-10 B, 11-12 G, 11-12 B

4x400 Meter Relay FINAL ALL DIVISIONS

**Sunday, July 13th Field Events** (Day 4) – Choccolocco Park

**8:30 AM**

High Jump 9-10 Girls

Discus 11-12 Girls

Triple Jump 15-16 Boys/Girls (2 runways)

Shot Put 15-16 Girls

Javelin 13-14 Boys

**9:30 AM**

Discus 11-12 Boys

Triple Jump 13-14 Boys/Girls (2 Runways)

Shot Put 17-18 Women

Javelin 13-14 Girls

High Jump 9-10 Boys

**10:30 AM**

High Jump 11-12 Girls

Shot Put 15-16 Boys

Triple Jump 17-18 Men and 17-18 Women (2 Runways)

**11:30 AM**

High Jump 11-12 Boys

Shot Put 11-12 Boys