

2019 ALABAMA HEAT 4 th Annual Regional Tune-up Track Meet

9 am Saturday – June 22, 2019

Choccolocco Park – Oxford Sport Complex

954 Leon Smith Pkwy, Oxford, AL

Running Events – 9 am rolling schedule

1500 Meter Race Walk All Appropriate Age Groups
4 x 800 Meter Relay All Appropriate Age Groups
400 Meter Hurdles (36") M, Open, 15-16, 17-18
400 Meter Hurdles (30") W, Open, 15-16, 17-18 Hurdles
200 Meter Hurdles (30") 13-14
4x100 Meter Relay (All Divisions)
400 Meter Dash (All Divisions)
1500 Meter Run (All Divisions)
100 Meter Dash (All Divisions)
80 Meter Hurdles (30") 11-12
100 Meter Hurdles (33") 15-16, 17-18 Girls, Open
100 Meter Hurdles (30") 13-14
110 Meter Hurdles (39") 15-16, 17-18 Boys Open
800 Meter Dash (All Divisions)
200 Meter Dash (All Divisions)
4 x400 Meter Relay (All Divisions)

Field Events - 8AM

8 A.M. Hammer Throw All Divisions
8:30 am Long Jump (All Divisions Youngest to Oldest)
Triple Jump following long jump (13-14 G/B, 15-18 G/B, OPEN W/M)
8:30 am High Jump (All Divisions (except 8 and under) Oldest to Youngest)
8:30 am Shot-Put (7-8 G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-18 G/B, OPEN W/M)
Discus Throw following Hammer (15-18 G/B, OPEN W/M, 13-14 G/B)
Javelin (13-14 G/B, 15-18 G/B, OPEN W/M, turbo)
9 am Pole Vault (females, males follow)
Turbo-Javelin (7–8 B/G, 9/10 B/G, 11-12 B/G)