

**South Region Open and Master's Championships  
Alabama USATF Open and Master's Championships  
Birmingham Southern College  
Birmingham, Alabama  
June 2-3, 2018**

**USATF Sanctioned Event**

**Meet Will Open for entry on athletic.net on**

**Saturday April 7<sup>th</sup> at 8:00 CST. and close on May 31st at 11:59 CST**

**Go athletic.net and set up your free account.**

**Search for South Region Open and Master's Meet**

**Click on Meet and Click on register**

**Click on add meet to your schedule and then register for your events.**

**Entry Fee:**

**Individual Events- 18.00 First Event and 10.00 for each additional event.**

**Relays 5.00 per Person Pay for relay at the meet.**

**Pentathlon- 45.00**

**Saturday June 2, 2018 Field Event Schedule**

<b>8:00-9:30 AM</b>	<b>Women's Long Jump Men's Shot Put Women's Discus</b>
<b>9:30-11:00 AM</b>	<b>Men's Long Jump Women's Shot Put Men's Discus</b>
<b>11:00-12:30 PM</b>	<b>Women's High Jump Followed By Men's High Jump Women's Triple Jump</b>
<b>12:30-2:00 PM</b>	<b>Women's Pole Vault Followed By Men's Pole Vault Men's Triple Jump</b>
<b>1:00-3:30 PM</b>	<b>Women's Hammer Followed by Weight Throw Followed by Men's Hammer Followed by Weight Throw</b>
<b>3:30 PM</b>	<b>Women's Javelin Followed by Men's Javelin</b>

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**Saturday June 2, 2018    Running Event Schedule**

***Meet will be on a Rolling Schedule***

***All events will be Women followed by Men Oldest to Youngest (except for short hurdles)***

**8:00 AM    5000 Meter Run  
3000 Meter Race Walk  
100 Meter Dash  
200 Meter Hurdles  
300 Meter Hurdles  
400 Meter Hurdles  
4 x 100 Relay  
1500 Meter Run  
400 Meter Dash  
80 Meter Hurdles  
100 Meter Hurdles  
110 Meter Hurdles  
4 x 800 Meter Relay  
1500 Meter Race Walk  
2000 Meter Steeplechase  
3000 Meter Steeplechase  
800 Meter Run  
200 Meter Dash  
4 x 400 Relay  
Shuttle Hurdle Relays  
80 Meter  
100 Meter  
110 Meter**

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**USATF Sanctioned Event**      Entry Fee 45.00 For Pentathlons  
Sunday June 3, 2018

8:00 AM      **Will only compete pentathlon if at least three are entered in the competition**

**Outdoor Men's Pentathlon**

Long Jump  
Javelin  
200 Meters  
Discus  
1500 Meters

10:00 AM      **Weight Throws Pentathlon Women Followed by Men**

Hammer  
Shot  
Discus  
Javelin  
Weight Throw

10:00 AM      **Will only compete pentathlon if at least three are entered in the competition**

**Outdoor Women's Pentathlon**

100 Meter Hurdles  
Long Jump  
High jump  
Shot Put  
800 Meters

