

## Alabama Heat 8th Annual Regional Tune-Up 2023 - 6/17/2023

## The Tune Up

## Choccolocco Park - Oxford Sports Complex

## Meet Program - Walk Running Early

**Event 103 Girls 1500 Meter Race Walk 7-8**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Lyric Mays	16	Bama Speed T	14:30.00
2	Kamille Richardson	16	Bama Speed T	17:00.00
3	Lyric Stevenson	15	Parker Track	NT

**Event 105 Girls 1500 Meter Race Walk 9-10**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
4	London Paggett	13	Basic	13:17.00
5	Kennedy Mosely	13	Bama Speed T	14:00.00
6	Zipporah King	14	Tricity Stri	NT
7	Athena Small	13	Tricity Stri	NT
8	Xena Purdue	13	Tricity Stri	NT

**Event 107 Girls 1500 Meter Race Walk 11-12**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
9	Cy'Nia Berguin	12	Tricity Stri	NT
10	Sonia Heard	12	Tricity Stri	NT

**Event 109 Girls 1500 Meter Race Walk 13-14**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
11	Morayah King	09	Tricity Stri	NT

**Event 111 Girls 1500 Meter Race Walk 15-16**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
12	Ompa Andy-Chanel	08	Iron Spikes	NT
13	Kharmyn Duncombe	08	Parker Track	NT

**Event 104 Boys 1500 Meter Race Walk 7-8**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Pharrell Manuel	15	Over The Mou	NT

**Event 108 Boys 1500 Meter Race Walk 11-12**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
2	Xavier Turner	11	Tricity Stri	NT
3	Da'Vonta Gilchrist	11	Tricity Stri	NT
4	Nigel Raymond	12	Iron Spikes	11:30.00
5	Aidan Paggett	12	Basic	16:23.50
6	Xilas Purdue	11	Tricity Stri	NT
7	Kevin McIntosh	12	Tricity Stri	NT

**Event 110 Boys 1500 Meter Race Walk 13-14**

Saturday 6/17/2023 - 8:30 AM

## TIMED FINAL

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
8	Shawnell Fluellen	09	Basic	NT
9	Ryan Steele	09	Speed City T	NT
10	Tristin Mccall	10	Over The Mou	12:32.56
11	Hosea King II	09	Tricity Stri	NT
12	Xyrell Purdue	10	Tricity Stri	NT

**Event 142 Men 400 Meter Hurdles Open Masters**

Saturday 6/17/2023 - 8:30 AM

## 36" HURDLES (10)

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
2	Adrien Jefferson	03	Unattached	55.00

**Event 138 Boys 400 Meter Hurdles 15-16**

Saturday 6/17/2023 - 8:30 AM

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
4	Jahden Reeves	07	Parker Track	NT
5	Jordan Howard	07	Speed City T	1:01.00
6	Noah Maldonado	08	Speed City T	1:01.00
7	Kevin Gaines	07	Mobile Parks	NT

**Event 140 Men 400 Meter Hurdles 17-18**

Saturday 6/17/2023 - 8:30 AM

## 30" HURDLES (10)

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 2 Finals</b>				
2	Benjamin Garrison	05	Unattached	NT
3	Michael Crum-Stowe	05	Unattached	NT
4	Jayvian Kendrick	05	Pure Elite	1:08.00
5	Jacob Sabir	04	Max Speed El	NT
6	Grayson York	05	Max Speed El	NT
7	Daylen Baise	06	Gadsden Burn	NT
8	Tra'Jon Walker	05	Walker Track	NT

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Section 2 of 2 Finals...(Event 140 Men 400 Meter Hurdles 17-18)

1	Allen Fields	04	Issa Flash	1:00.00	_____
2	Cristain Gibson	06	Fast Feet fo	58.46	_____
3	Jaylen Jones	06	Team 4mula T	58.00	_____
4	Joshua Parker	05	Unattached	56.89	_____
5	Markese Rolan	05	Sprint Athle	58.00	_____
6	Ezion Rolingson	06	Hamteam Hunt	58.00	_____
7	Ryan Barch	04	Velocity Tra	58.99	_____
8	Omarion Owens	05	Max Speed El	1:00.00	_____

Event 141 Women 400 Meter Hurdles Open Masters

Saturday 6/17/2023 - 8:30 AM

36" HURDLES (10)

Lane	Name	Yr	Team	Seed Time	
Section 1 of 1 Finals					
1	Lynda Miller	02	Quick Feet E	NT	_____

Event 137 Girls 400 Meter Hurdles 15-16

Saturday 6/17/2023 - 8:30 AM

Lane	Name	Yr	Team	Seed Time	
Section 1 of 1 Finals					
2	Makiah Paschal	08	Tricity Stri	NT	_____
3	Amaya Coleman	08	Fast Pace At	1:25.00	_____
4	Maralyn Weygand	08	Blackwatch T	1:15.00	_____
5	Wren Palmer	08	Blackwatch T	1:15.00	_____
6	Ke'Shaye Savage	07	Walker Track	NT	_____
7	Jakeeria Melton	07	Tricity Stri	NT	_____
8	Jade Jones	08	New Beginnin	NT	_____

Event 139 Women 400 Meter Hurdles 17-18

Saturday 6/17/2023 - 8:30 AM

30" HURDLES (10)

Lane	Name	Yr	Team	Seed Time	
Section 1 of 1 Finals					
1	Alora Huver	06	Walker Track	NT	_____
2	Janiya Evans	05	Max Speed El	NT	_____
3	Paris Person	04	Birmingham E	1:19.00	_____
4	Jasmine Tyler	05	Birmingham E	1:08.00	_____
5	Mackenzie Hendrix-Williams	06	Unattached	1:10.80	_____
6	Ashanti Slaughter	06	Fast Pace At	1:25.00	_____
7	Zariah McCall	06	Walker Track	NT	_____
8	Aa'Ssiah Mitchell	05	Walker Track	NT	_____

Event 135 Girls 200 Meter Hurdles 13-14

Saturday 6/17/2023 - 8:30 AM

30" HURDLES (5)

Lane	Name	Yr	Team	Seed Time	
Section 1 of 1 Finals					
2	Lola Ray	10	Tricity Stri	NT	_____
3	Ciara Perkins	10	Walker Track	NT	_____
4	Jael Dirks	09	Blackwatch T	36.00	_____
5	Kierra Holmes	09	Quick Feet E	NT	_____
6	Serentee Jenkins	09	Issa Flash	NT	_____

Event 136 Boys 200 Meter Hurdles 13-14

Saturday 6/17/2023 - 8:30 AM

30" HURDLES (5)

Lane	Name	Yr	Team	Seed Time	
Section 1 of 1 Finals					
3	Kylen Johnson	10	Gadsden Burn	NT	_____
4	Ashton Mckinney	10	Issa Flash	27.55	_____
5	Deuce Sheridan	10	Speed City T	31.12	_____
6	Luke Burns	09	Over The Mou	NT	_____

Event 717 Girls 4x100 Meter Relay 6 & Under

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Parker Track	A	NT	_____
2	Alabama Tita	A	NT	_____

Event 244 Girls 4x100 Meter Relay 9-10

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
4	Alabama Heat	A	NT	_____
5	Triumph-Hunt	A	NT	_____
6	Tricity Stri	A	1:05.45	_____
7	Huntsville M	A	1:05.96	_____
8	Parker Track	A	NT	_____

Event 245 Boys 4x100 Meter Relay 9-10

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
2	Alabama Tita	A	NT	_____
3	Triumph-Hunt	A	NT	_____
4	Huntsville M	A	1:04.03	_____
5	Triumph-Hunt	B	NT	_____
6	Metro City T	A	NT	_____

Event 246 Girls 4x100 Meter Relay 11-12

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
2	Parker Track	A	NT	_____
3	Bama Speed T	A	53.00	_____
4	Gadsden Burn	A	NT	_____

Event 248 Girls 4x100 Meter Relay 13-14

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
6	Parker Track	A	NT	_____
7	Issa Flash	A	59.00	_____
8	Alabama Heat	A	NT	_____

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**Event 247 Boys 4x100 Meter Relay 11-12**

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
2	Blackwatch T	A	NT _____
3	Alabama Tita	A	NT _____
4	Triumph-Hunt	A	NT _____

**Event 249 Boys 4x100 Meter Relay 13-14**

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
6	Gadsden Burn	A	NT _____
7	Metro City T	A	NT _____
8	Alabama Tita	A	NT _____

**Event 250 Girls 4x100 Meter Relay 15-16**

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Tricity Stri	A	49.85 _____
2	Bama Speed T	A	51.50 _____

**Event 252 Women 4x100 Meter Relay 17-18**

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
4	Speed City T	A	NT _____
5	Alabama Heat	A	NT _____
6	Issa Flash	A	50.20 _____
7	Parker Track	A	NT _____
8	Max Speed El	A	NT _____

**Event 253 Men 4x100 Meter Relay 17-18**

Saturday 6/17/2023 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Gadsden Burn	A	NT _____
2	Metro City T	A	NT _____
3	Issa Flash	A	44.52 _____
4	Club Elite o	A	42.00 _____
5	20west Track	A	44.00 _____
6	Alabama Heat	A	NT _____
7	Parker Track	A	NT _____
8	Parker Track	B	NT _____