

**Alabama Vs South Indoor Indoor Championships 2024**  
**Crossplex Birmingham, Alabama**  
**Meet Program - Mid Day Running**

**Event 255 4x200 Meter Relay 15-18 Girls**

Friday 1/5/2024 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
6	WrK Daily &	A	_____

**Event 260 4x200 Meter Relay 40-99 Men**

Friday 1/5/2024 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
5	Horizon Eagl	A	_____

**Event 301 4x200 Meter Relay 5-11 Mixed**

Friday 1/5/2024 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
6	WrK Daily &	A	_____

**Event 307 4x200 Meter Relay 19-39 Mixed**

Friday 1/5/2024 - 8:30 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
5	Kneeforspeed	A	_____

**Event 29 400 Meter Dash 5-11 Girls**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
2	Walker, Ryah		Pensacola St	_____
3	Freeman, Ava		Kneeforspeed	_____
4	Westbrooks, Khamiyah		Kneeforspeed	_____
5	Nelson, Ava		Kneeforspeed	_____
6	Moreland, Leah		Unattached	_____

**Event 30 400 Meter Dash 5-11 Boys**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Henry, Carter		Unattached	_____
2	Offord, Antonio		Kneeforspeed	_____
3	Lee, Jace		Unattached	_____
4	Smith 3rd, Tracy		Kneeforspeed	_____
5	Westbrooks, Kmarion		Kneeforspeed	_____
6	Henry, Christopher		Unattached	_____

**Event 31 400 Meter Dash 12-14 Girls**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
5	Joseph, Tatum		Five Star Ge	_____
6	Nelson, Kassidy		Kneeforspeed	_____

**Event 33 400 Meter Dash 15-18 Girls**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
4	Garrett, Amare		Unattached	_____

**Event 34 400 Meter Dash 15-18 Boys**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
4	Rideout, Kamron		Kneeforspeed	_____
5	Green, Miller		Unattached	_____
6	Nixon, Cooper		Knightrunner	_____

**Event 35 400 Meter Dash 19-39 Women**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
5	Silmon, Anthonia		Unattached	_____
6	Wills, Anaya		Horizon Eagl	_____

**Event 36 400 Meter Dash 19-39 Men**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 2 Finals</b>				
3	Harris, Willie		Horizon Eagl	_____
4	Baxter, Mason		Knightrunner	_____
5	Sonders, Quwayne		Horizon Eagl	_____
6	Wiggins, Tyler		Horizon Eagl	_____
<b>Section 2 of 2 Finals</b>				
2	Carlan, Ethan		Unattached	_____
3	Robinson, Jaylan		Horizon Eagl	_____
4	Rodriguez, Alexis		Horizon Eagl	_____
5	Muhammad, Shafi		Unattached	_____
6	Landford, Aiden		Horizon Eagl	_____

**Event 38 400 Meter Dash 40-99 Men**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
5	Yelverton, William		Unattached	_____
6	Craig, David		Unattached	_____

**Event 77 200 Meter Dash 5-11 Girls**

Friday 1/5/2024 - 8:30 AM

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Westbrooks, Khamiyah		Kneeforspeed	_____
2	Freeman, Ava		Kneeforspeed	_____
3	Stewart, Morgan		Kneeforspeed	_____
4	Smith, Miagrace		Kneeforspeed	_____
5	Nelson, Ava		Kneeforspeed	_____
6	Walker, Ryah		Pensacola St	_____

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**Event 78 200 Meter Dash 5-11 Boys**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 2 Finals</b>				
3	Henry, Carter		Unattached	_____
4	Smith 3rd, Tracy		Kneeforspeed	_____
5	Lee, Jace		Unattached	_____
6	Offord, Antonio		Kneeforspeed	_____
<b>Section 2 of 2 Finals</b>				
3	Bell, Khiyon		Kneeforspeed	_____
4	Henry, Christopher		Unattached	_____
5	Westbrooks, Kmarion		Kneeforspeed	_____
6	Williams, Ivan		Unattached	_____

**Event 79 200 Meter Dash 12-14 Girls**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
5	Joseph, Tatum		Five Star Ge	_____
6	Nelson, Kassidy		Kneeforspeed	_____

**Event 80 200 Meter Dash 12-14 Boys**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
5	Calvert, Ryland		Unattached	_____
6	Kennedy, Kingston		City King Tr	_____

**Event 81 200 Meter Dash 15-18 Girls**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 3 Finals</b>				
3	Asmond, Paris		Unattached	_____
4	Morris, Kynnedi		Unattached	_____
5	Gedeon, Janelle		Knightrunner	_____
6	Hendrix, Emily		Knightrunner	_____
<b>Section 2 of 3 Finals</b>				
3	Bell, Jamelia		D-Elite	_____
4	Roseberry, Maliyah		D-Elite	_____
5	Mckinley, Caley		D-Elite	_____
6	Dunning, Daniya		D-Elite	_____
<b>Section 3 of 3 Finals</b>				
2	Silmon, Zariah		Unattached	_____
3	Thompson, Talin		WrK Daily &	_____
4	Dunning, Danielle		D-Elite	_____
5	Garrett, Amare		Unattached	_____
6	Gaines, Sanaii		WrK Daily &	_____

**Event 82 200 Meter Dash 15-18 Boys**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 3 Finals</b>				
4	Green, Miller		Unattached	_____
5	Rideout, Kamron		Kneeforspeed	_____
6	Brown, Cohutta		Unattached	_____
<b>Section 2 of 3 Finals</b>				
3	Buckner, Gabe		Knightrunner	_____
4	Hayes, Solomon		Knightrunner	_____
5	Carter Jr, Martels		D-Elite	_____
6	Dillard, Jabari		Unattached	_____
<b>Section 3 of 3 Finals</b>				
3	Jones, Sabastian		D-Elite	_____
4	Mazibuko, Amaru		D-Elite	_____
5	Whited, Gage		D-Elite	_____
6	Jenkins, Jamaree		D-Elite	_____

**Event 83 200 Meter Dash 19-39 Women**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
3	Sorrell, Jada		Knightrunner	_____
4	Wills, Anaya		Horizon Eagl	_____
5	Denney, Olivia		WrK Daily &	_____
6	Hickson, Armoni		WrK Daily &	_____

**Event 84 200 Meter Dash 19-39 Men**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Landford, Aiden		Horizon Eagl	_____
2	Sonders, Quwayne		Horizon Eagl	_____
3	Harris, Willie		Horizon Eagl	_____
4	Robinson, Jaylan		Horizon Eagl	_____
5	Washington, Ayden		WrK Daily &	_____
6	Castro, Andrew		WrK Daily &	_____

**Event 86 200 Meter Dash 40-99 Men**

**Friday 1/5/2024 - 8:30 AM**

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
4	Evans, Lancelot		Unattached	_____
5	Daugherty, Duane		Unattached	_____
6	Craig, David		Unattached	_____

**Event 280 4x400 Meter Relay 40-99 Men**

**Friday 1/5/2024 - 8:30 AM**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
5	Horizon Eagl	A	_____

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**Event 315 4x400 Meter Relay 15-18 Mixed**

**Friday 1/5/2024 - 8:30 AM**

<b>Lane</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 1 Finals</b>			
6	WrK Daily &	A	_____

**Event 319 4x400 Meter Relay 40-99 Mixed**

**Friday 1/5/2024 - 8:30 AM**

<b>Lane</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 1 Finals</b>			
5	WrK Daily &	A	_____