

**COACH MIAMI PRESENTS...**  
**THE CAROLINA'S SPRINT FEST**

**PACKET PICKUP 6:30 AM**

**GATES OPEN AT 7:00 AM**

**FIELD EVENTS START AT 8:00 AM**

**RUNNING EVENTS START AT 10:30 AM**

**RUNNING EVENTS WILL BE RAN OLDEST TO  
YOUNGEST (GIRLS-BOYS)**

**MASTERS WOMEN-MASTERS MEN ECT..**

**BENGAY COACHES/PARENTS 4X100M RELAY**

**4X100M RELAYS**

**200MH FINALS**

**1500M**

**100M (PRELIMINARIES)**

**800M FINALS**

**200M FINALS**

**80MH**

**100MH**

**400M**

**ICON AWARD'S 100M FINALS**

**MAY**  
**10th**  
**2025**

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