

**COACH MIAMI PRESENTS...**

# **THE CAROLINA'S SPRINT FEST**

**PACKET PICKUP 6:00 AM**

**ATHLETES & COACHES GATE OPEN AT 6:30 AM**

**SPECTATORS GATES OPEN AT 6:30 AM**

**COACHES MEETING 7:15 AM**

**RUNNING EVENTS START AT 8:30 AM**

**RUNNING EVENTS WILL BE RAN OLDEST TO YOUNGEST (GIRLS-BOYS)  
MASTERS WOMEN-MASTERS MEN ECT..**

**4X100M RELAYS**

**BENGAY COACHES/PARENTS 4X100M RELAY**

**1500M**

**100M (PRELIMINARIES)**

**800M FINALS**

**200M FINALS**

**110MH**

**100MH**

**80MH**

**400M**

**100M FINALS**



**More Info : [info@coachmiamipresents.com](mailto:info@coachmiamipresents.com) | [@coachmiamipresents](https://www.instagram.com/coachmiamipresents)**