

COACH MIAMI PRESENTS....



THE BAMA SHOWCASE TM

MEET SCHEDULE:

SUNDAY JANUARY 29TH 2023

START TIME 9:00 AM

ROLLING SCHEDULE

1500M RUN FINAL
60MH FINAL [AGES 11-14 & MASTER ONLY]
60MH PRELIM [HIGH SCHOOL ONLY]
60M PRELIM [ALL AGES]
4 X 200M RELAY FINAL
400M FINAL
800M FINAL
60MH FINAL [HIGH SCHOOL]
60M FINAL
1500M RACEWALK FINAL
4 X 400M RELAY FINAL
200M FINAL

FIELD EVENTS:

LONG JUMP
TRIPLE JUMP
SHOT PUT
HIGH JUMP
POLE VAULT