

COACH MIAMI PRESENTS....



# Bama Showcase



## MEET SCHEDULE:

SUNDAY JANUARY 28TH 2024

START TIME 8:30 AM

ROLLING SCHEDULE

**\*\*ALL RACES WITH THE EXCEPTION ON 60MH WILL BE CONTESTED OLDEST TO YOUNGEST/ALL FEMALES THEN ALL MALES\*\***

60MH FINAL: ORDER - 11/12 F/M, 13/14 F/M

60MH PRELIM: ORDER - HIGH SCHOOL F/M

60M PRELIM

4 X 200M RELAY FINAL

1500M RACEWALK FINAL

400M FINAL

800M FINAL

60MH FINAL: ORDER - (HIGH SCHOOL F/M)

60M FINAL

1500M RUN FINAL

200M FINAL

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

**CONTESTED YOUNGEST TO OLDEST**

LONG JUMP

TRIPLE JUMP

SHOT PUT

HIGH JUMP: WILL START DIRECTLY AFTER THE 60M PRELIMS

POLE VAULT

WEIGHT THROW