

JAN. 5TH 2025

THE 757

SHOWDOWN

CLUB EDIION
REGISTRATION ON COACHO.COM



MEET SCHEDULE: SUNDAY JAN 5TH 2025

*****NO OUTSIDE FOOD OR BEVEARGES*****

DOORS OPEN AT 7:00AM - FIRST CALL AT 8:00AM PLEASE ARRIVE BY 7:20AM

\$16 PLUS VBSC FEES

ORDER OF RUNNING EVENTS START AT 8:30AM

200 METER DASH (F)
1500 METER RUN (F)
60MH (SF)
60 METER DASH (SF)
400 METER DASH (F)
800 METER RUN (F)
60MH (F)
60M DASH (F)
4 X 200M RELAY (F)

ORDER OF FIELD EVENTS START AT 8:00AM

LONG JUMP: 4 ATTEMPS, NO FINAL – YOUNGEST TO OLDEST, MEN/BOYS THEN WOMEN/GIRLS - 7 TO MASTERS
TRIPLE JMUP: 4 ATTEMPS, NO FINAL –YOUNGEST TO OLDEST, MEN/BOYS THEN WOMEN/GIRLS - 13 TO MASTERS
SHOT PUT: 4 ATTMEPTS, NO FINAL – YOUNGEST TO OLDEST, MEN/BOYS THEN WOMEN/GIRLS - 13 TO MASTERS
HIGH JUMP: YOUNGEST TO OLDEST, WOMEN/GIRLS THEN MEN/BOYS - 9 TO MASTERS

WWW.COACHMIAMIPRESENTS.COM

TRACK 757