



## **MIAMI NW EXPRESS TRACK CLUB**

Presents

### **3<sup>rd</sup> Annual Jesse Holt Invitational**

**Saturday, March 2, 2019**

City of Miami's Moore Park / Jesse Holt Sports Complex

765 NW 36<sup>th</sup> Street, Miami, FL 33127

### **Order of Events**

#### **Running Events 9:00 am**

1. 4 X 800
2. 400
3. 1500 Run
4. 200 Dash
5. 3000 Run
6. Hurdles (80 / 100 / 110)
7. 1500 Racewalk
8. 4 x 100 Relay
9. 800
10. 100 Dash
11. 4 x 400 Relay

#### **Field Events 9:30 am**

**Long Jump**  
**High Jump**  
**Shot Put**  
**Triple Jump**

**\*We will start each event in the following order:**

**Masters / Open (19 – 29) / 6 & Under /**  
**7 – 8 / 9 – 10 / 11 – 12 / 13 – 14 / 15 – 16 / 17 – 18**