

# TheFreedom2Run™

**CAROLINA EAGLES TRACK CLUB**

**George "Pup" Williams**

**Carolina Relay Carnival**

St. Augustine's College

1315 Oakwood Ave. Raleigh, NC

**9:00 AM**

Long Jump Premier Event

**11:00 AM Rolling Schedule**

**Sprint Medley Relay**

(100M-100M-200M-400M)

**4x800M Relay**

**4x200M Relay**

**400M Premier Event**

**Distance Medley Relay**

(1200M-400M-800M-1600M)

**4x100M Relay**

**4X400M Relay**

**Championship Presentations!!**