



MIAMI NW EXPRESS TRACK CLUB

Presents

4th Annual Jesse Holt Invitational

Saturday, March 7, 2020

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

765 NW 36th Street, Miami, FL 33127

Order of Events

Running Events 9:00 am

Field 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

- 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***