



Beach Run Invitational 2019 TENTATIVE Events/Schedule *Doug Shaw Memorial Stadium, Myrtle Beach, South Carolina*

Friday April 5, 2019

Field Events:

- 1:00pm** Boys Long Jump (Inside Pit)
- 1:00pm** Girls Long Jump (Outside Pit)
- 1:00pm** Girls Hammer (Exh) followed by Boys Hammer (Exh)
- 2:00pm** Boys Pole Vault
- 2:30pm** Girls Shot Put followed by Boys Shot Put

Track Events:

- 3:00pm** Girls 100m HH Prelims
- 3:15pm** Boys 110m HH Prelims
- 3:30pm** Girls 100m Prelims
- 3:45pm** Boys 100m Prelims
- 4:00pm** Girls 4x200m Prelims
- 4:15pm** Boys 4x200m Prelims
- 4:30pm** Girls 800m Prelims
- 4:45pm** Boys 800m Prelims
- 5:00pm** Girls 4x100m Prelims
- 5:05pm** Boys 4x100m Prelims
- 5:15pm** Girls 200m Prelims
- 5:30pm** Boys 200m Prelims
- 5:45pm** Girls 1600m Section Finals
- 6:15pm** Boys 1600m Section Finals
- 6:45pm** Girls 4x400m Prelims
- 7:00pm** Boys 4x400m Prelims
- 7:15pm** Girls 2000m Steeplechase
- 7:30pm** Boys 2000m Steeplechase

Saturday April 6, 2019

Field Events:

- 10:00am** Boys High Jump (Pit A)
- 10:00am** Girls High Jump (Pit B)
- 10:00am** Girls Discus followed by Boys Discus
- 10:00am** Boys Javelin followed by Girls Javelin
- 11:00am** Girls Pole Vault
- 12:30pm** Boys Triple Jump (Inside Pit)
- 12:30pm** Girls Triple Jump (Outside Pit)

Track Events:

- 11:00am** Girls 4x800m Relay Section Finals
- 11:20am** Boys 4x800m Relay Section Finals
- 11:40am** Girls 100mHH Final
- 11:50pm** Boys 110m HH Final
- 12:00pm** Girls 100m Final
- 12:05pm** Boys 100m Final
- 12:15pm** Girls 4x200m Relay Final
- 12:20pm** Boys 4x200m Relay Final
- 12:30pm** Girls 400m Section Finals
- 12:50pm** Boys 400m Section Finals
- 1:15pm** Girls 4x100m Relay Final
- 1:20pm** Boys 4x100m Final
- 1:30pm** Girls 400mLH Section Finals
- 1:45pm** Boys 400mIH Section Finals
- 2:00pm** Girls 800m Final
- 2:05pm** Boys 800m Final
- 2:15pm** Girls 200m Final
- 2:20pm** Boys 200m Final
- 2:30pm** Girls 3200m Section Finals
- 3:00pm** Boys 3200m Section Finals
- 3:30pm** Girls 4x400m Final
- 3:50pm** Boys 4x400m Final



MEET INFO AND UPDATES www.myrtlebeachspringtraining.org