



Beach Run Invitational
Hosted by the City of Myrtle Beach and Myrtle Beach High School
Friday & Saturday April 5-6, 2019
Doug Shaw Memorial Stadium (Myrtle Beach, SC)

FACILITY (Doug Shaw Memorial Stadium, 705 33rd Ave North, Myrtle Beach, SC 29577):

The facility underwent a \$5+ million renovation in 2017. The common start-finish has been moved to the main grandstand (east) side of the stadium. The 100m, and 100/110HH events are now contested on the new straight-away in front of the main grandstand. Stadium Capacity (6,500) Lights for night events and New Video scoreboard with results. NCAA & NFHS Certified 400M track, Beynon Sports Surfaces Full Pour Polyurethane Synthetic Surface with Embedded Texture, Eight 42" lanes, sprint and short hurdles marked in both directions on both straightaways, South D-area (High Jump), North D-area (Steeplechase Water Jump, 4 Pole Vault runways), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits) parallel to main straight), all throws are outside the track oval, Javelin runway is 4m x 36.5m same synthetic surface as track and solely dedicated landing area, NCAA Hammer/Discus cage with one recessed circle, 2 Shot Put circles with separate rock dust landing areas. FLATS OR 1/4" SPIKES ONLY ON TRACK SURFACE.

ELIGIBILITY/RULES: The Beach Run Invitational is a NFHS Sanctioned Invitational for High School Varsity Teams Only. Unattached and Club Athletes are ineligible to participate. Current NFHS rules will govern all meet competition.

INTENT TO COMPETE: Your High School Team must be on the Invited list to enter online. To be added to the Invited list you must complete and submit the Intent to Compete form on the Beach Run Invitational page at <http://www.myrtlebeachspringtraining.org/beach-run-invitational-team-application.html>

HOTELS: "Vacation Myrtle Beach" is the Official Lodging Partner for accommodations for the 2019 Spring Break Meets. All ten properties listed are full service ocean front locations (rates listed are based on room type and availability, it is highly recommended to book as early as possible and please use the contacts listed to book). Please click here to view the properties, rates and contact information:

[2019 "Vacation Myrtle Beach" Beach Run Invitational Properties and Rates](#)

THINGS TO DO/VISIT MYRTLE BEACH: What a better location to support your team with all the activities the Myrtle Beach area offers. 60 miles of sun, surf and sand are not the only things the Myrtle Beach area has to offer. Whether you are ready to relax by the beach or take a ride on a jet ski, the Myrtle Beach Area offers it all. Check out all the in between games/competitions. There are so many fun activities to choose from, it'll be hard to do it all. Go to the visitmyrtlebeach.com/things-to-do to find out more about fun-filled entertainment options, 100's of restaurants, shopping and so much more! Come play, stay and dine in the Myrtle Beach area and see what all awaits you in between competitions.

ENTRY FEES: \$200.00 PER GENDER TEAM / \$400.00 BOYS AND GIRLS COMBINED TEAM

Teams are defined as 10 or more athletes per gender. **Full gender teams (10 or more athletes) who book with a "Vacation Myrtle Beach" property by March 5, 2019 will receive a \$50 discount on their entry fees.** Teams with less than 10 athletes are \$20.00 per individual. Teams may enter three athletes in each event, four events per athlete, including relays. Teams may also enter a 'B' Relay Team. 'B' Relays will be run as separate sections. Non-scoring. No awards. Entries will be open on-line at <http://www.milesplit.com/> by February 1, 2019. (You must be on the invited team list to enter on-line)

MEET INFO AND UPDATES www.myrtlebeachspringtraining.org

PAYMENT OF ENTRY FEES: ALL entry fees MUST be prepaid and are non-refundable. We will NOT be taking entry fees the day of the meet. If we do not receive your entry fee by the posted deadlines your entries will not be accepted into the meet. Entry fees can be paid either by check via mail or credit card via phone

Make checks payable to "The City of Myrtle Beach" 1011 Crabtree Lane, Myrtle Beach, SC 29577 Attn: Beach Run Invitational. Checks must be received by Wednesday April 3, 2019, 5:00pm. To pay by credit card call Jennifer Shaffer 843-918-2389 by 4:00pm Wednesday April 3, 2019.

On-line Entry Deadline is 11:59pm Tuesday April 2, 2019. A descending order list of entries will be emailed to all head coaches and posted at <http://www.myrtlebeachspringtraining.org/beach-run-invitational.html> Wednesday April 3, 2019.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 12pm NOON Wednesday April 3, 2019.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at <http://www.myrtlebeachspringtraining.org/beach-run-invitational.html> and emailed to all head coaches by 9pm Wednesday, April 3, 2019. Hard copies will be available at packet pick-up.

TENTATIVE MINIMUM MARKS: Only the first legal mark under the minimum will be measured under the following TENTATIVE standards: Boys Discus (100'), Girls Discus (75'), Boys Shot Put (35'), Girls Shot Put (25'). These standards are subject to change based on the final entries. No minimums for Long Jump, Triple Jump or Hammer Throw.

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Girls Pole Vault: 7' 0", 6" progression

Boys Pole Vault: 8' 0", 6" progression

Girls High Jump: 4' 6", 2" progression

Boys High Jump: 5' 6", 2" progression

These standards are subject to change based on the final entries.

SEEDING/FORMAT: In all running events scheduled with prelims, the 8 fastest times overall will advance to the finals. If there are 8 or less entries in a preliminary running event, the event will be run as a final only at the scheduled time for the final. All other running events will be run in timed finals seeded in sections from slow to fast, girls followed by boys. We will not run ahead of the FINAL posted schedule, unless inclement weather or impending inclement weather becomes a problem and we need to move to a rolling schedule. Field event flights will be seeded from shortest to longest or lowest to highest. **Flights for Throws, Triple Jump, and Long Jump will be seeded from shortest to farthest with each athlete receiving FOUR attempts, NO Finals.** Triple Jump Boards will be 24' and 32' for girls and 32' and 36' for boys.

CHECK-IN: Competitor Numbers: All athletes must show a competitor number to check-in for running or field events. Competitor numbers are provided in the team packet and remain the same for each athlete for all days of competition. Running Events: Athletes MUST check-in at least 30 minutes before the start time of their event at the Clerk of the Course (located in the large tent on warm-up field) to get a hip number or they will be scratched from the event. NO meet day adds! Please notify the clerk asap if you intend to scratch. Field Events: Check-in with the head judge at the event site, all athletes must be checked-in BEFORE the start of the first flight of the event. Relay Events: All Relay teams must fill out a Relay Card at check-in, listing all names in the correct order. Relay Cards will be provided in the coach's packet and in the clerk's tent (blue for boy's teams, pink for girl's teams).

WARM-UP AREAS: Warm-ups will be done on Ashley Booth Field (field turf area by the clerking tent). There are to be no athletes warming-up on the infield or track unless they are actively competing in an ongoing field event or are being staged for the next running event.

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TEAM TENTS: Team tents will be allowed on the warm-up field (Ashely Booth) and in and behind the visiting stands. NO tent stakes are allowed on Ashley Booth. There are to be NO team tents allowed in the main grandstands. Athletes will also be allowed to camp underneath the main grandstand. If you would like to rent a tent for the meet contact Blake Barbee at bbarbee@cityofmyrtlebeach.com or 843-918-2370

RESULTS: Live Results will be posted at <http://www.cfpitiming.com/> Hard Copy Results will be posted on result boards on the side of the main grandstand, next to the public entrance. Final Results will be posted at the following sites <http://www.myrtlebeachspringtraining.org/beach-run-invitational.html> and www.milesplit.com

RESTROOMS/SHOWERS: Permanent restrooms are available in the stadium and in the Ned Donkle building by the warm-up area. Portable toilets will be located at the throws areas. Showers are not available at Doug Shaw Memorial Stadium. If you need access to showers after the event, please contact Jordan Simbeck jsimbeck@cityofmyrtlebeach.com or 843-231-2337 for access to facilities at Pepper Geddings recreation center.

WEIGH-INS: Athletes are expected to provide their own implements. Implements will be inspected and weighed for NFHS compliance prior to competition. Implements must be brought to the equipment building no later than 1 hour prior to the start of the event and will be impounded prior to the competition. A detailed weigh-in schedule will be provided once the event time schedule has been finalized.

SCHEDULE: See attached time schedule. Please note the schedule is tentative and may be modified due to weather or larger/smaller than expected entry fields. A FINAL Schedule with any revisions will be posted and emailed by 9pm on Wednesday April 3, 2019. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem and it is announced that we are moving to a rolling schedule.

TEAM SCORING: Team Scoring will be through 8 places 10-8-6-5-4-3-2-1. Only 'A' Teams may Score in relays. Hammer Throw and 2000m Steeplechase are Exhibition Events and will not score points however they will receive individual awards.

AWARDS: Individual events 1st– 3rd Place Medals, 4th– 8th Place Ribbons (will be distributed at stadium entrance after the official results have been posted for each event)

Trophies awarded for the following will be distributed at the conclusion of the meet:

Boys & Girls High Point Scorer – Track Events (Individual Events Only)

Boys & Girls High Point Scorer – Field Events

Boys & Girls Team Champions

PARKING: Limited parking is available in the Doug Shaw Memorial Stadium parking lot off 33rd Avenue North (especially on Friday). Buses will be allowed to drop off athletes and equipment at the front gate and then be directed to park in front of the skate park. Overflow parking will be available on Friday after 3pm and Saturday at MB Primary or MBHS lots.

ATHLETIC TRAINING: Athletic Trainers will be available on site during the competition.

PACKET PICK-UP: Packet pick-up will be open at 8:00am on Friday April 5th through the end of competition and at 8:00am Saturday April 6th. Packet pick-up is located just outside the participant entrance to the stadium.

CREDENTIALS/STADIUM AND INFIELD ACCESS: All coaches and team support staff must show credentials to enter the stadium. Credentials will be provided in team packet at packet pick-up. Coaches and team support staff with credentials will be allowed on the infield inside of designated coaching boxes.

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COACHES HOSPITALITY: Meals, snacks and drinks for coaches will be available on Friday and Saturday in the new support building next to the main grandstand. Details regarding access, hours and limitations will be provided at packet pick-up and via email the week of the competition

ADMISSION: Admission will be charged on Friday and Saturday. Adults are \$12/day or \$20/meet which includes the meet program. Students with school ID are \$5/day and children under 6 are free.

COMPETITOR NUMBERS: All participating athletes MUST wear a competitor number while competing. They must also present the number at the clerk's tent or field event site to be checked into the event and to gain access to the stadium. Competitor numbers will be provided in the team packet at packet pick-up and remain the same for all days of competition. **There will be a \$10 replacement charge for any lost bib numbers.** A replacement bib number can be paid for and re-issued at packet pick-up.

SPRING TRAINING/ACCESS TO THE FACILITY: Doug Shaw Memorial Stadium will be available for Open Training from 8:00am-3:00pm Monday April 1st through Thursday April 4th, and Friday April 5th from 8:00am-11:00am. Water, ice, shade tents, benches, hurdles, starting blocks, steeplechase barriers, bungees, cross bars, rakes, brooms, jumping pits, and throwing areas will be available. Steeplechase water pit will ONLY be filled and available for practice Thursday April 4th and Friday April 5th. Any athletes practicing the water jump must have coach/parent supervision. We DO NOT provide throwing implements or poles.

WEIGHT TRAINING FACILITY: The Spring Break Meets have partnered with the **Myrtle Beach High Performance Center** for your team's off-track strength-training needs. Located just minutes from the beach and stadium, the facility has the equipment and staff to complete a great week of training. Contact Taylor Jones at 843-903-0075 or connect through [Facebook.com/MyrtleBeachHPC](https://www.facebook.com/MyrtleBeachHPC)

POLE VAULT POLE/JAVELIN SHIPPING AND STORAGE: Pole Vault poles and javelins may be stored at the stadium on practice and competition days. An area by the front of the stadium will be designated for daily drop-off and pick-up. Pole Vault poles and/or javelins may be shipped to: Pepper Geddings Recreation Center 3205 N Oak St, Myrtle Beach, SC 29577 attn: Blake Barbee

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2019 Spring Break Meets Director Jeff Jacobs at 843-231-5677 cell, email jjacobs@cityofmyrtlebeach.com or Ryan Caputo – Assistant Meet Director & Myrtle Beach HS Head Coach 570-561-3675 cell, email coachryancaputo@gmail.com

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
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