



2019 Coastal Carolina Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
FINAL Events Time Schedule March 8-9, 2019

Friday March 8th

FIELD EVENTS

- 10:00am Men's Hammer Throw (Top 9 advance to finals)
- 10:00am Women's Javelin Throw (Top 9 advance to finals)
- 11:00am Men's and Women's Long Jump (Top 9 advance to finals)
- 1:00pm Women's Pole Vault (Opening height 2.75m/9' 0.25")
- 2:00pm Men's Javelin Throw (Top 9 advance to finals)
- 2:00pm Women's Hammer Throw (Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 12:00pm 1500 Meter Women (Open section)
- 12:10pm 1500 Meter Men (Open section)
- 3:00pm 4x800 Meter Relay Women (one section, double waterfall start)
- 3:15pm 4x800 Meter Relay Men (one section, double waterfall start)
- 3:40pm 4x200 Meter Relay Women (one section, in lanes all the way)
- 3:50pm 4x200 Meter Relay Men (one section in lanes all the way)
- 4:00pm 5000 Meter Women (one section, double waterfall start)
- 4:30pm 5000 Meter Men (one section, double waterfall start)
- 5:00pm 10000 Meter Women (one section, single waterfall start)
- 5:45pm 10000 Meter Men (one section, double waterfall start)

(see page 2 for Saturday)



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Saturday March 9th

FIELD EVENTS

- 10:00am Men's Discus Throw (2 flights, Top 9 advance to finals)
- 10:00am Women's High Jump (Opening height 1.45m/4'9")
- 10:30am Women's Shot Put (2 flights, Top 9 advance to finals)
- 11:00am Men's Pole Vault (Opening height 3.66m/12' 0")
- 1:15pm Men's High Jump (Opening height 1.78m/5'10")
- 1:30pm Women's Discus Throw (2 flights, Top 9 advance to finals)
- 1:30pm Men's Shot Put (2 flights, Top 9 advance to finals)
- 3:00pm Women's Triple Jump (1 flight, Top 9 advance to finals)
- 3:00pm Men's Triple Jump (1 flight, Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 9:30am 3000 Meter Women (2 sections)
- 10:15am 3000 Meter Men (2 sections)
- 11:00am 4x100 Meter Relay Women (1 section)
- 11:10am 4x100 Meter Relay Men (1 section)
- 11:20am Seeded 1500 Meter Women (3 sections)
- 11:45am Seeded 1500 Meter Men (3 sections)
- 12:20pm 100 Meter HH Women (4 sections)
- 12:50pm 110 Meter HH Men (2 sections)
- 1:15pm 400 Meter Women (5 sections)
- 1:30pm 400 Meter Men (4 sections)
- 2:00pm 100 Meter Women (5 sections)
- 2:15pm 100 Meter Men (5 sections)
- 2:30pm 800 Meter Women (4 sections, double waterfall start)
- 2:50pm 800 Meter Men (3 sections, double waterfall start)
- 3:20pm 400 Meter LH Women (2 sections)
- 3:35pm 400 Meter IH Men (2 sections)
- 3:50pm 200 Meter Women (Seed after check-in, must Declare by 2:50pm)
- 4:10pm 200 Meter Men (Seed after check-in, must Declare by 3:10pm)
- 4:35pm 3000 Meter Steeplechase Women (one section)
- 4:55pm 3000 Meter Steeplechase Men (one section)
- 5:15pm 4x400 Meter Relay Women (Seed after check-in, must declare by 4:15pm)
- 5:30pm 4x400 Meter Relay Men (Seed after check-in, must Declare in by 4:30pm)