



2019 Coastal Carolina Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE 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 "B" Section 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", will separate into A & B flights if 25 or more are entered, with a higher opening height for the A flight TBD)
- 2:00pm Men's Javelin Throw (Top 9 advance to finals)
- 2:00pm Women's Hammer Throw (Top 9 advance to finals)
- 3:00pm "A" Section Men's and Women's Long Jump (Top 2 flights, top 9 advance to finals)

TRACK EVENTS (Sections run fast to slow)

- 10:30am 1500 Meter Women (Open sections)
- 11:00am 1500 Meter Men (Open sections)
- 11:45am 100 Meter HH Women (Open sections)
- 12:10pm 110 Meter HH Men (Open sections)
- 12:30pm 400 Meter Women (Open sections)
- 12:45pm 400 Meter Men (Open sections)
- 1:00pm 100 Meter Women (Open sections)
- 1:10pm 100 Meter Men (Open sections)
- 1:25pm 800 Meter Women (Open sections)
- 1:50pm 800 Meter Men (Open sections)
- 2:15pm 400 Meter LH Women (Open sections)
- 2:30pm 400 Meter IH Men (Open sections)
- 2:55pm 200 Meter Women (Open sections)
- 3:15pm 200 Meter Men (Open sections)
- 3:45pm 4x800 Meter Relay Women (all sections)
- 4:00pm 4x800 Meter Relay Men (all sections)
- 4:25pm 4x200 Meter Relay Women (all sections)
- 4:35pm 4x200 Meter Relay Men (all sections)
- 4:50pm 5000 Meter Women (all sections)
- 5:35pm 5000 Meter Men (all sections)
- 6:15pm 10000 Meter Women
- 7:00pm 10000 Meter Men



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Saturday March 9th

FIELD EVENTS

- 9:00am Men's Discus Throw (Top 9 advance to finals)
- 10:00am Women's High Jump (Opening height 1.45m/4'9", will separate into A & B flights run concurrently if 25 or more are entered, with a higher opening height for the A flight TBD)
- 10:30am Women's Shot Put (Flights 1 & 2 Pit B, Flights 3 & 4 Pit A, Top 9 advance to finals Pit A)
- 11:00am Men's Pole Vault (Opening height 3.66m/12' 0", will separate into A-1:30pm & B-10am flights if 25 or more are entered, with a higher opening height for the A flight TBD)
- 1:15pm Men's High Jump (Opening height 1.78m/5'10", will separate into A & B flights run concurrently if 25 or more are entered, with a higher opening height for the A flight TBD)
- 1:30pm Women's Discus Throw (Top 9 advance to finals)
- 1:30pm Men's Shot Put (Top 9 advance to finals)
- 3:00pm Women's Triple Jump (Top 9 advance to finals)
- 3:00pm Men's Triple Jump (Top 9 advance to finals)

TRACK EVENTS (Sections run fast to slow)

- 9:30am 3000 Meter Women (all sections)
- 10:15am 3000 Meter Men (all sections)
- 11:00am 4x100 Meter Relay Women (all sections)
- 11:10am 4x100 Meter Relay Men (all sections)
- 11:20am Seeded 1500 Meter Women (3 sections)
- 11:45am Seeded 1500 Meter Men (3 sections)
- 12:20pm Seeded 100 Meter HH Women (5 sections)
- 12:50pm Seeded 110 Meter HH Men (5 sections)
- 1:15pm Seeded 400 Meter Women (8 sections)
- 1:30pm Seeded 400 Meter Men (8 sections)
- 2:00pm Seeded 100 Meter Women (8 sections)
- 2:15pm Seeded 100 Meter Men (8 sections)
- 2:30pm Seeded 800 Meter Women (4 sections)
- 2:50pm Seeded 800 Meter Men (4 sections)
- 3:20pm Seeded 400 Meter LH Women (4 sections)
- 3:35pm Seeded 400 Meter IH Men (4 sections)
- 3:50pm Seeded 200 Meter Women (8 sections, seed after check-in, must check-in by 2:50pm)
- 4:10pm Seeded 200 Meter Men (8 sections, seed after check-in, must check-in by 3:10pm)
- 4:35pm 3000 Meter Steeplechase Women (all sections)
- 4:55pm 3000 Meter Steeplechase Men (all sections)
- 5:30pm 4x400 Meter Relay Women (all sections, seed after check-in, must check-in by 4:30pm)
- 5:45pm 4x400 Meter Relay Men (all sections, seed after check-in, must check in by 4:45pm)