



Coastal Carolina Invitational
Hosted by the City of Myrtle Beach and Coastal Carolina University
Friday & Saturday March 8-9, 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) New LED 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: Meet is open to NCAA, NAIA, NJCAA, CLUB AND UNATTACHED athletes. HS age athletes may compete but must do so unattached and they may NOT represent their HS. Current NCAA rules will govern all meet competition.

INTENT TO COMPETE: [Click here](#) to declare your institution/club intent to compete and put your institution/club on the invited team list.

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). Please [click here](#) to view the properties, rates and contact information.

ENTRY FEES: \$550.00 PER GENDER TEAM / \$1100.00 MENS AND WOMENS COMBINED TEAM

Teams are defined as 15 or more athletes per gender. **Full gender teams (15 or more athletes) who book with a "Vacation Myrtle Beach" property by February 8, 2019 will receive a \$100 discount on their entry fees.** Teams with less than 15 athletes are \$30.00 per individual. Unattached athletes are \$30 each. There is no limit on the number of events an athlete can be entered in, or the number of teams that an institution or club may enter in a relay event, however each team will be limited to entering a maximum of four athletes in all individual running and field events.

Entries will be open on-line at www.directathletics.com by February 1, 2019. (You must be on the invited team/club list to enter on-line)

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 or credit card on-line.

Make checks payable to "The City of Myrtle Beach" 1011 Crabtree Lane, Myrtle Beach, SC 29577 Attn: Coastal Carolina Invitational. Checks must be received by Wednesday March 5, 2019, 5:00pm. Credit card

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payments will be accepted at www.directathletics.com by the entry deadline, please note Direct Athletics charges a service fee for the convenience of paying your entry fee on-line and that your entries can not be modified once you have paid on-line.

Entry Deadline is 12:00pm (NOON) Tuesday March 5, 2019. A descending order list of accepted entries will be posted at <http://www.myrtlebeachspringtraining.org/coastal-carolina-invitational.html> www.goccusports.com and <http://www.cfpitiming.com/> and emailed to all participating teams by 5pm Tuesday March 5, 2019.

ACCEPTABLE ENTRY MARKS (per NCAA Rule 4, Article 14)

a. The meet director shall publish, as part of the online information for the competition, a ranked list of event entries disclosing all performances used to determine entry in each event and the source of those performances.

b. Verifiable entry performances shall be used for the same event obtained during the current season when such a performance exists as reported on the NCAA's designated track and field results reporting system (TFFRS).

c. For an outdoor season competition, up to and including the fifth Sunday following the final day of the NCAA Indoor Championships, when verifiable entry performance for an event obtained during the current season is not available, the verifiable entry performance shall be from the just previous season in which the event is contested.

d. All entries having no verifiable performance as stated above shall be entered with a performance of 'no mark'.

Note 1: Competitors in their initial year of NCAA eligibility shall be entered with a 'no mark' performance until a verifiable current season performance is established.

Note 2: A verifiable performance shall only be those that have been published online as part of the NCAA's designated track and field results reporting system.

Note 3: Relay performance marks shall reflect an institution's best verifiable performance.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 12pm NOON Wednesday March 6, 2019.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at <http://www.cfpitiming.com/> <http://www.myrtlebeachspringtraining.org/coastal-carolina-invitational.html> www.goccusports.com and emailed to all participating teams by 5pm Wednesday, March 6, 2019. Hard copies will be available at packet pick-up.

MINIMUM MARKS: Only the first legal mark under the minimum will be measured under the following standards: Men's hammer/discus 124' 8" (38m), Women's hammer/discus 105' 0" (32m), Men's Javelin 131' 3" (40m), Women's Javelin 98' 5" (30m), Men's Shot Put 39' 4" (12m), Women's Shot Put 32' 9" (10m).

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Women's HJ - 4' 9" (1.45m), will separate into A & B flights if more than 25 are entered

Women's PV - 9' 0.25" (2.75m), will separate into A & B flights if more than 25 are entered

Men's HJ - 5' 10" (1.78m), will separate into A & B flights if more than 25 are entered

Men's PV - 12' 0" (3.66m), will separate into A & B flights if more than 25 are entered

Bar Progressions: HJ start at 5cm, then 3cm at a height TBD; PV start at 15cm, then 10cm at a height TBD

SEEDING/FORMAT: All running events will be final sections run on a time basis and seeded fastest to slowest. 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 shortest to longest or lowest to highest. In the LJ, TJ, SP, DISC, JAV, and HAMMER all competitors will receive

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3 attempts, the top 9 competitors will advance to a final flight for 3 more attempts. If a field event is separated into an "A" and "B" flight the flights will be treated as separate competitions. Both the 200m and 4x400m Relays will be seeded after declaration. Athletes and Relay teams must be declared for these events 1 hour prior to the event or they will be scratched.

CHECK-IN: All athletes in the running events must check in with the clerk (located in the warm-up area) no later than (1) hour prior to the scheduled starting time for their event to get hip numbers. Due to the large number of flights expected, field event check-in will be FLIGHT SPECIFIC. Athletes must be checked in PRIOR to the start of their flight or they will be scratched from the event. Field event check-in is at the field event site with the head official. Heat sheets will be provided in the team packet. **Both the Seeded 200m and 4x400m Relays will be seeded after Declaration. Athletes and Relay teams must Declare for these events 1 hour prior to the start of the event or they will be scratched.** All Relay teams must fill out a relay card signed by the coach and turn it into the clerk at the time of check-in.

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.

TEAM TENTS: Team tents will be allowed on the warm-up field (Ashely Booth) and behind the visiting stands. NO tent stakes are allowed on Ashley Booth. There will 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 on-line at <http://www.cfpitiming.com/> Hard Copy Results will be posted on result board 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/coastal-carolina-invitational.html> www.goccusports.com, www.directathletics.com, www.tfrrs.org, and <http://www.cfpitiming.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 NCAA compliance prior to competition. Implements must be brought to the equipment building 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: Due to the anticipated size of the meet we are limiting the number of sections in running events on Saturday, OPEN sections will be run starting at 10:30am on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday. 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 5pm on Wednesday March 6, 2019. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem.

AWARDS: The top collegiate finisher in each event will receive an awards t-shirt (field events that are separated in "A" and "B" sections are treated as separate events, as will OPEN and SEEDED running event sections). Award t-shirt redemption vouchers can be claimed at packet pick-up once the official results for the event have been posted. Unattached and open competitors are NOT eligible for awards.

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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: Medical and Athletic Training inquiries should be directed to Uriah Snoberger (843-421-9656) or email usnoberge@coastal.edu. Coastal Carolina University Athletic Trainers will be available on site during the competition.

PACKET PICK-UP: Packet pick-up will be open at 8:00am on Friday March 8 through the end of competition and at 8:00am Saturday March 9. 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.

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 (college, club and unattached) 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.

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2019 Spring Break Meets Director Jeff Jacobs at 843-231-5677 cell, or email jjacobs@cityofmyrtlebeach.com



PRACTICE/TRAINING DURING SPRING BREAK: See schedule below for ‘open’ practice hours at Doug Shaw Memorial Stadium (Myrtle Beach).

The Spring Break Meets have partnered with the Myrtle Beach High Performance Center for your team’s off-track 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/)

2019 Open Practice hours listed below are for Doug Shaw Memorial Stadium

Day and Date	Times (venues)
Sunday March 3	Closed
Monday March 4	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 5	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 6	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 7	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Friday March 8	Coastal Carolina Invitational Day 1 (practice will be allowed on the track from 8am until 1 hour prior to the first running event) Shot Put Pits are available for practice All other field events closed for practice
Saturday March 9	Coastal Carolina Invitational Day 2 (practice will be allowed on the track from 8am until 1 hour prior to the first running event)
Sunday March 10	Closed
Monday March 11	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 12	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 13	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 14	8am-4pm (Track/Jumps/Javelin/SP/Throwing Cage) MBTFC Day/Shamrock Invitational Day 1
Friday March 15	Shamrock Invitational Day 2 (practice will be allowed on the track from 8am until 1 hour prior to the first running event)
Saturday March 16	Shamrock Invitational Day 3 (practice will be allowed on the track from 8am until 1 hour prior to the first running event)
Sunday March 17	Closed
Monday March 18	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 19	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 20	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 21	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)

-The following will be available at the stadium on all practice days: shade tents, benches, water, ice, starting blocks, PV/HJ/LJ landing pits, bungees, crossbars, rakes, brooms, hurdles, steeplechase barriers, all throwing areas.

-The steeplechase water pit will ONLY be filled and available for practice on Thursday March 7 and Thursday March 14.

-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



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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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TENTATIVE Events Time Schedule March 8-9, 2019**

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)