



**2019 Alan Connie Shamrock Invitational**  
**Doug Shaw Memorial Stadium Myrtle Beach, South Carolina**  
**TENTATIVE Events Time Schedule March 14-16, 2019**

**Thursday, March 14th**

5:30pm Myrtle Beach Track & Field Club Day

**TRACK EVENTS**

7:00pm 10,000 Women

7:50pm 10,000 Men

**Friday, March 15th**

**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 "A" Section Long Jump Men and Women (Top 2 flights, top 9 go to finals)

1:00pm "A" Flight Women's High Jump (Opening height 1.55m/5'1")

1:00pm "B" Flight Women's High Jump (Opening height 1.45m/4'9")

1:00pm "A" Flight Women's Pole Vault (Opening height 3.20m/10'6")

2:00pm "B" Section Long Jump Men and Women (Top 9 go to finals)

2:00pm Women's Hammer (top 9 advance to finals)

2:00pm Men's Javelin (top 9 advance to finals)

3:30pm "B" Women's Pole Vault (Opening height 2.75m/9'0.25")

**TRACK EVENTS (Sections run fast to slow):**

9:30am 3000 meters Women (All Sections)

10:15am 3000 meters Men (All Sections)

11:00am 200 meters Women (Open Sections)

11:15am 200 meters Men (Open Sections)

11:30am 1 Mile Women (Open sections)

12:00pm 1 Mile Men (Open Sections)

12:30pm 400 meters Women (Open sections)

12:50pm 400 meters Men (Open sections)

1:10pm 800 meters Women (Open sections)

1:40pm 800 meters Men (Open sections)

2:30pm 100 meters Women's Trials (Top 8 collegiate times qualify to Sat. final)

3:05pm 100 meters Men's Trials (Top 8 collegiate times qualify to Sat. final)

3:45pm 4x800m relay Women (1 turn stagger, double waterfall)

4:00pm 4x800m relay Men (1 turn stagger, double waterfall)

4:20pm 4x200m relay Women (4 turn stagger, in lanes all the way)

4:40pm 4x200m relay Men (4 turn stagger, in lanes all the way)

5:00pm 100mHH Women's Trials (top 8 collegiate times qualify for Sat. final)

5:30pm 110mHH Men's Trials (top 8 collegiate times qualify for Sat final)

6:00pm 5,000 meters Women

6:45pm 5,000 meters Men

**MEET INFO AND UPDATES** [www.myrtlebeachspringtraining.org](http://www.myrtlebeachspringtraining.org)



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**Saturday, March 16th**

**FIELD EVENTS**

- 9:00am Men's Discus (top 9 advance to finals)
- 10:30am Women's Shot Put (2 pits, Flight 1&2 Pit "B", Flight 3&4 Pit "A")
- 11:00am "B" Flight Men's High Jump (Opening height 1.78m/5'10")
- 11:00am "A" Flight Men's High Jump (Opening height 1.88m/6'2")
- 11:00am "B" Flight Men's Pole Vault (Opening height 3.70m/12'1.5")
- 1:30pm Men's Shot Put (2 pits, Flight 1&2 Pit "B", Flight 3&4 Pit "A")
- 1:30pm Women's Discus (top 9 advance to finals)
- 1:30pm "A" Flight Men's Pole Vault (Opening height 4.30m/14'1.25")
- 2:00pm Women's Triple Jump (pit closest to track)
- 2:00pm Men's Triple Jump (pit closest to FB field)

**TRACK EVENTS** (Women followed by Men, Sections run fast to slow)

- 10:00am CCU Alumni Memorial Mile Fun Run/Walk
- 10:30am Seeded Mile Women (3 sections)
- 10:50am Jamie McCarthy Men's Mile Run (3 sections)
- 11:15am 4x100 meter relay Women (all sections)
- 11:35am 4x100 meter relay Men (all sections)
- 11:55am 100 meter HH Final Women (top 8 collegiate times from Friday prelims)
- 12:10pm 110 meter HH Final Men (top 8 collegiate times from Friday prelims)
- 12:25pm Seeded 400 meter Women (8 sections)
- 12:55pm Seeded 400 meter Men (8 sections)
- 1:15pm 100 meter Final Women (top 8 collegiate times from Friday prelims)
- 1:20pm 100 meter Final Men (top 8 collegiate times from Friday prelims)
- 1:30pm Seeded 800 meters Women (4 Sections, 1 turn stagger in lanes)
- 1:50pm Seeded 800 meters Men (4 sections, 1 turn stagger in lanes)
- 2:15pm 400 meter LH Women (all sections)
- 2:30pm 400 meter IH Men (all sections)
- 3:00pm Seeded 200 meters Women (Seeded after check-in, MUST declare by 2:00pm!)
- 3:20pm Seeded 200 meters Men (Seeded after check-in, MUST declare by 2:20pm!)
- 3:50pm 3000 meters Steeplechase Women (all sections)
- 4:20pm 3000 meters Steeplechase Men (all sections)
- 4:50pm 4x400 meter relay Women (seed after check-in, MUST declare by 3:50pm!)
- 5:15pm 4x400 meter relay Men (seed after check-in, MUST declare by 4:45pm!)