



Alan Connie Shamrock Invitational
Hosted by the City of Myrtle Beach and Coastal Carolina University
Thursday-Saturday March 14-16, 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.

MAYOR'S RELAY CUP: The City of Myrtle Beach Mayor, the honorable Brenda Bethune, will present an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the 2019 Alan Connie Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) will each be scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points will each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

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 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.

MEET INFO AND UPDATES www.myrtlebeachspringtraining.org



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: Shamrock Invitational. Checks must be received by Tuesday March 12, 2019, 5:00pm. Credit card 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 11:59pm Monday March 11, 2019. A descending order list of accepted entries will be posted at <http://www.myrtlebeachspringtraining.org/alan-connie-shamrock-invitational.html> and www.goccusports.com <http://www.cfpitiming.com/> and emailed to all participating teams by 12pm Tuesday March 12, 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 5pm Tuesday March 12, 2019.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at <http://www.myrtlebeachspringtraining.org/alan-connie-shamrock-invitational.html> www.goccusports.com and emailed to all participating teams by 9am Wednesday, March 13, 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 "B" HJ - 4' 9" (1.45m), Women's "A" HJ - 5' 1" (1.55m)

Women's "B" PV - 9' 0.25" (2.75m), Women's "A" PV - 11' 0.25" (3.36m)

Men's "B" HJ - 5' 10" (1.78m), Men's "A" HJ - 6' 2" (1.88m)

Men's "B" PV - 12' 0" (3.66m), Men's "A" PV 14' 0" (4.27m)

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

SEEDING/FORMAT: Trials will be run in the 100m and 100/110mHH for all competitors on Friday, **the top 8 fastest collegiate finishers will qualify for the finals on Saturday.** All other running events will be timed section finals 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 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.

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 be Declared for these events 1 hour prior to 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/alan-connie-shamrock-invitational.html> www.goccusports.com, www.directathletics.com, www.tfrs.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 11:00am 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 9am on Wednesday March 13, 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.

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) and email usnoberge@coastal.edu. Coastal Carolina Athletic Trainers will be available on site during the competition.

PACKET PICK-UP: Packet pick-up will be open from 3-7pm on Thursday March 14 and at 8:00am Friday March 15 through the end of competition. 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, there will no charge for Thursday. Adults are \$12/day or \$20/meet, which includes the meet program, students with school ID are \$5, 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/

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



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



2018 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE Events Time Schedule March 14-16, 2019

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!)