



**2020 Coastal Carolina Invitational**  
**Doug Shaw Memorial Stadium Myrtle Beach, South Carolina**  
**FINAL Events Time Schedule March 13-14, 2020**



**Friday March 13th**

**FIELD EVENTS**

- 10:00am Men's Hammer Throw (Top 9 advance to finals, 3 flights)
- 10:00am Women's Javelin Throw (Top 9 advance to finals, 3 flights)
- 11:00am Men's Long Jump (Top 9 advance to finals, 4 flights)
- 11:00am Women's Long Jump (Top 9 advance to finals, 4 flights)
- 1:00pm Women's Pole Vault (Opening height 2.75m/9' 0.25")
- 2:00pm Men's Javelin Throw (Top 9 advance to finals, 4 flights)
- 2:00pm Women's Hammer Throw (Top 9 advance to finals, 4 flights)

**TRACK EVENTS (Timed Section Finals run fast to slow)**

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



**2020 Coastal Carolina Invitational**  
**Doug Shaw Memorial Stadium Myrtle Beach, South Carolina**  
**TENTATIVE Events Time Schedule March 13-14, 2020**



**Saturday March 14th**

**FIELD EVENTS**

- 9:00am Men's Discus Throw (Top 9 advance to finals, 4 flights)
- 10:30am Men's High Jump "B" (Opening height 1.70m/5' 7")
- 10:30am Men's High Jump "A" (Opening height 1.80/5' 10.75")
- 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")
- 1:15pm Women's High Jump (Opening height 1.45m/4'9")
- 1:30pm Women's Discus Throw (Top 9 advance to finals, 4 flights)
- 1:30pm Men's Shot Put (Top 9 advance to finals, 4 flights)
- 2:30pm Men's Triple Jump (Top 9 advance to finals, 3 flights)
- 3:00pm Women's Triple Jump (Top 9 advance to finals, 2 flights)

**TRACK EVENTS (Timed Section Finals run fast to slow)**

- 9:30am 3000 Meter Women (3 sections)
- 10:15am 3000 Meter Men (3 sections)
- 11:00am 4x100 Meter Relay Women (2 sections)
- 11:10am 4x100 Meter Relay Men (3 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 (4 sections)
- 1:30pm Seeded 400 Meter Men (7 sections)
- 2:00pm Seeded 100 Meter Women (5 sections)
- 2:15pm Seeded 100 Meter Men (6 sections)
- 2:30pm Seeded 800 Meter Women (4 sections)
- 2:50pm Seeded 800 Meter Men (4 sections)
- 3:20pm Seeded 400 Meter LH Women (5 sections)
- 3:35pm Seeded 400 Meter IH Men (5 sections)
- 3:50pm Seeded 200 Meter Women (seed after check-in, must Declare by 2:50pm)
- 4:10pm Seeded 200 Meter Men (seed after check-in, must Declare by 3:10pm)
- 4:35pm 3000 Meter Steeplechase Women (1 sections)
- 4:55pm 3000 Meter Steeplechase Men (2 sections)
- 5:30pm 4x400 Meter Relay Women (all sections, seed after check-in, must Declare by 4:30pm)
- 5:45pm 4x400 Meter Relay Men (all sections, seed after check-in, must Declare by 4:45pm)