



Coastal Carolina Invitational

Hosted by the City of Myrtle Beach and Coastal Carolina University
Friday & Saturday March 13-14, 2020
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.

HOTEL PARTNERS: The 2020 Spring Break Meets have partnered with full service ocean front resort groups including Vacation Myrtle Beach, Brittain Resorts, Hilton, and Wyndam. Staff are available at each property to give you the best rates and room types that fit your team's needs. For a complete list of properties, starting rates, distance to the stadium and contact information [Click Here](#) Make sure to use the contact listed for the best rates and customer service. We highly recommend you book as soon as possible.

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

Teams are defined as 15 or more athletes per gender. Teams with less than 15 athletes are \$35 per individual. Unattached athletes are \$35 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 <https://www.directathletics.com> by February 1, 2020. (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" 2101 N. Oak Street, Myrtle Beach, SC 29577 Attn: Coastal Carolina Invitational. Checks must be received by Wednesday March 11, 2020, 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 12:00pm (NOON) Tuesday March 10, 2020.**

MEET INFO AND UPDATES www.myrtlebeachspringtraining.org

SUBMITTING ENTRY MARKS ON DIRECT ATHLETICS: Please make sure you have updated your athlete's 2020 OUTDOOR eligibility PRIOR to entering them in any events. The entry system will be pre-set to enter your athlete's best event performance in the TFRRS system going back to December 1, 2018. If the athlete does not have a mark in the system for that time frame it will default to NM, however you may enter a projected entry mark along with an entry note (ie for a 4:48 1500m projected mark "ran 5:10 mile in HS" or for a 14:58 5000m projected mark "has 3000 pr of 8:42, never run 5000" or for a 10.85 100m projected entry mark "ran 6.91 60m indoors"). The meet director reserves the right to reseed projected marks without a note or that appear to be unrealistic.

PUBLISHING ENTRY MARKS (per NCAA Rule 4-1.11)

"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." A descending order list of accepted entries will be posted at <http://www.myrtlebeachspringtraining.org/coastal-carolina-invitational.html> www.goccusports.com and emailed to all participating teams by 5pm Tuesday March 11, 2020.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 12pm NOON Wednesday March 11, 2020.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at <http://www.myrtlebeachspringtraining.org/coastal-carolina-invitational.html> www.goccusports.com and emailed to all participating teams by 5pm Wednesday, March 11, 2020. 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 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 the final results will be combined as one competition with only one event winner. 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.

MEET INFO AND UPDATES www.myrtlebeachspringtraining.org

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), behind the visiting stands and underneath the main grandstand. NO tent stakes are allowed on Ashley Booth. There will be NO team tents allowed in the main grandstands. 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 the timer's website Hard Copy Results will be posted on result boards in the main entry plaza. 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 timer's website.

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/teams 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 11, 2020. 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" flights are NOT treated as separate events, the results of both flights will be combined with only one event winner. Running events that are separated into OPEN and SEEDED sections will each have an event winner eligible for an award t-shirt.** 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.

PACKET PICK-UP: Packet pick-up will be open at 8:00am on Friday March 13 through the end of competition and at 8:00am Saturday March 14. Packet pick-up is located just outside the participant entrance to the stadium.

MEET INFO AND UPDATES www.myrtlebeachspringtraining.org

ATHLETIC TRAINING: Certified athletic trainers and City of Myrtle Beach EMS will be on site for all competition days. Details on what medical supplies/services are available will be emailed to all registered coaches and unattached athletes.

INCLEMENT WEATHER POLICY: The Meet Director will communicate with Athletic Training, EMS and the Meet Referees regarding the suspension of competition due to inclement weather. If a lightning strike is detected with-in 8 miles of the stadium all competition will be suspended and the stadium will be evacuated. All participants and spectators will be directed to take refuge in their team busses, vans or personal vehicles. Meet officials and staff will be directed to take refuge in the support building. No one will be allowed to return to the stadium until an "All Clear" is given. The Meet Director will communicate via email/text/social media regarding the status of the delay, when it is safe to return to the stadium and at what time competition will resume. At any time the Meet Referee may suspend competition in a particular event where the conditions are deemed unsafe to continue (ie extreme wind, standing water on the runway etc.)

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 (meals one coach per gender team) 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.

SOCIAL MEDIA SITES: Like, follow and share on our social media sites, pictures and updates will be posted throughout each competition day.

Instagram: <https://www.instagram.com/mbsportstourism/>

Facebook: <https://www.facebook.com/dougshawmemorialstadium/>

Twitter: https://twitter.com/myrtle_sports

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2020 Spring Break Meets Director Jeff Jacobs at 843-918-2256 office, 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/)

2020 Open Practice hours listed below are for Doug Shaw Memorial Stadium

Day and Date	Times (venues)
Sunday March 8	Closed
Monday March 9	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 10	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 11	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 12	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Friday March 13	Coastal Carolina Invitational Day 1 (practice will be allowed on the track from 8am until 30min prior to the first running event) Shot Put Pits are available for practice All other field events closed for practice
Saturday March 14	Coastal Carolina Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 15	Closed
Monday March 16	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 17	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 18	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 19	8am-TBA (Track/Jumps/Javelin/SP/Throwing Cage) MBTFC Day/Shamrock Invitational Day 1
Friday March 20	Shamrock Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Saturday March 21	Shamrock Invitational Day 3 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 22	Closed
Monday March 23	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 24	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 25	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 26	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)

-The following will be available at the stadium on all practice days: shade tents (weather permitting), benches, water, injury ice, bags, 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 12 and Thursday March 19.

-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



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



Friday March 13th

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 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)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 10:30am 1500 Meter Women (Open sections, if needed)
- 11:00am 1500 Meter Men (Open sections, if needed)
- 11:45am 100 Meter HH Women (Open sections, if needed)
- 12:10pm 110 Meter HH Men (Open sections, if needed)
- 12:30pm 400 Meter Women (Open sections, if needed)
- 12:45pm 400 Meter Men (Open sections, if needed)
- 1:00pm 100 Meter Women (Open sections, if needed)
- 1:10pm 100 Meter Men (Open sections, if needed)
- 1:25pm 800 Meter Women (Open sections, if needed)
- 1:50pm 800 Meter Men (Open sections, if needed)
- 2:15pm 400 Meter LH Women (Open sections, if needed)
- 2:30pm 400 Meter IH Men (Open sections, if needed)
- 2:55pm 200 Meter Women (Open sections, if needed)
- 3:15pm 200 Meter Men (Open sections, if needed)
- 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 13-14, 2020



Saturday March 14th

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 (Timed Section Finals 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)